



SCAFFOLDING STUDENTS SERIES

BEING HEALTHY AND WELL

Pre Session Activity

One by one, give one word for how are you feeling :

1. today?

2. For this session?



Learning Outcomes

- To know and understand what is meant by being healthy and well
- Healthy lifestyle/health and wellness tips for students
- To understand the government programmes for health and wellness



- **What does it mean by being healthy?**
- **What is wellness?**
- **What is the relation between health and wellness?**

Health

- Most people think that health is the absence of sickness.
- Health is much more than that!



HEALTH: *Is the combination of your physical, mental, emotional, and social well being.*

Wellness

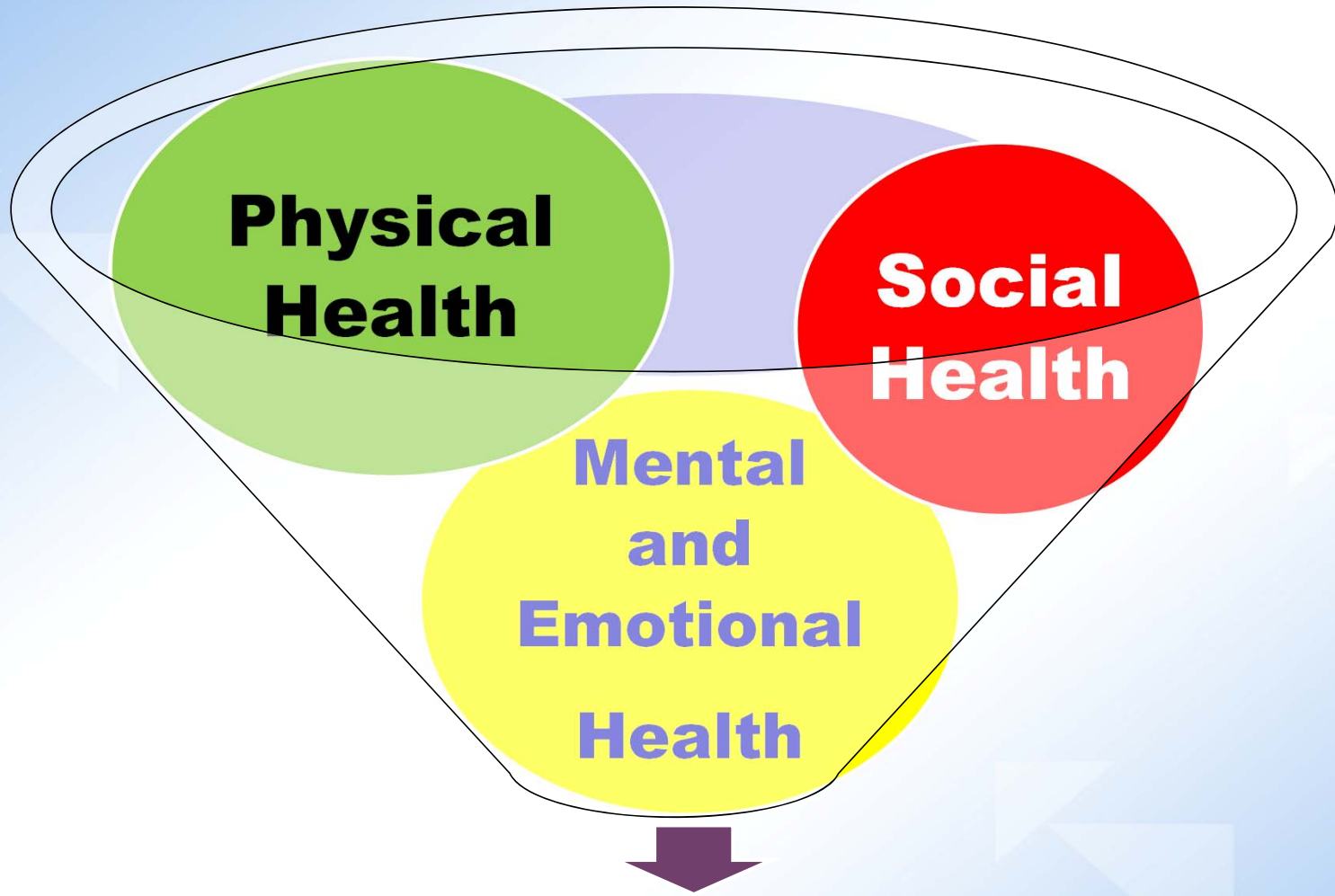
*An overall state of well-being,
or total health*

-It comes from making decisions and practicing behaviors that are based on sound health knowledge and healthful attitudes



How is Health Important for Wellness?

HEALTH PARAMETER	HOW IT AFFECTS WELLNESS
Physical health	A sound body keeps us happy and energetic to produce more work.
Mental and emotional health	A well balanced mental and emotional health keeps us calm and composed, resulting in constructive work production.
Social health	Being connected with people around us makes us feel happy and wanted and boosts confidence in ourselves.

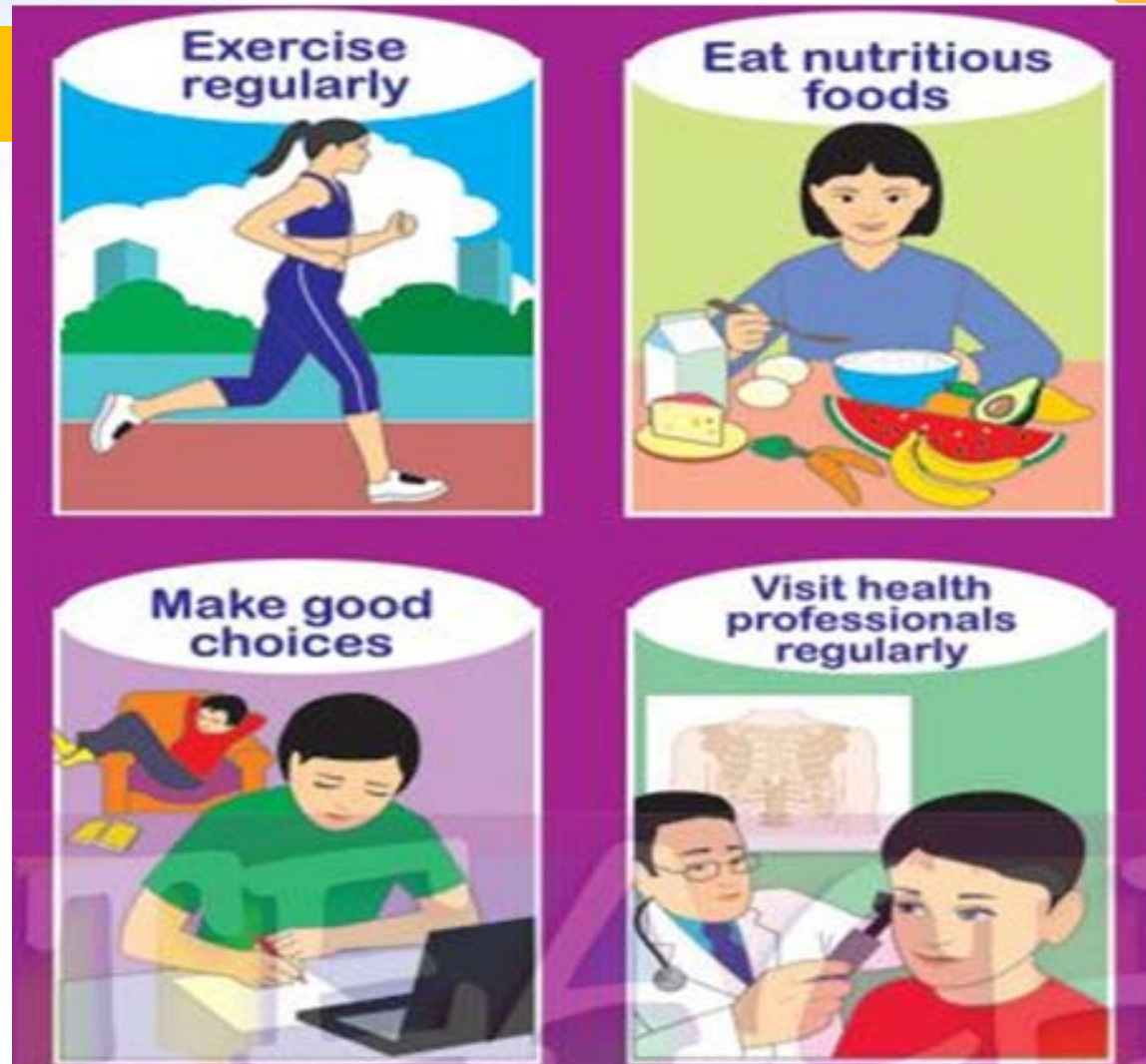


Elements of Health and Wellness

Physical Health

The physical health depends on the way parts and systems of our body work together.

To maintain physical health we need to:



Get at least eight hours of sleep each night



Wash your hands with soap



Practice good hygiene



Wear protective gear while playing sports



Mental and Emotional Health



Mental and Emotional Health

It includes feelings about yourself and how well you meet life's demands.

To have sound mental and emotional health you need:

- To **be in touch with your feelings** and express them in appropriate, healthy ways.
- **Accept** responsibility for your actions.
- **Enjoy learning, do not be shy of asking!**
- Know that your **mistakes are opportunities** to learn and grow.
- Use your mind to **develop thinking skills.**

Reflection

Your friend has said something harsh to you or say your sibling. You are very angry at him / her.

- 1. How are you going to react to this situation?*
- 2. Does your reaction makes you happy? Y/N*
- 3. Does this reaction promotes your well being? Y/N*

Key to Wellness

*Working on the principle of: **Prevention is better than cure!***

- Prevention of falling ill, bottling up of emotions, creating social distances, etc.
- Following safety rules at all fronts.
- Practicing health and safety habits to remain free of disease and injury

Examples: *wearing seatbelts,
applying sunscreen/vaseline,
talking out your emotions to a person you trust,
bridging the social gap, etc...*

Health and Wellness Quiz

1. How often do you eat fast food, processed meats and pastries ?

- a) Never
- b) Once a week
- c) Every second day
- d) Every day

2. How often do you exercise or play outdoor games in your school?

- a) Daily
- b) Twice a week
- c) Every second day
- d) Once a week

3. How often do you socialize with your relatives (parents and siblings excluded) and friends?

- a) Once a week
- b) Once a fortnight
- c) Once a month
- d) 6 months plus

Social Health

Your social health is defined by the way you get along with others.

For a healthy social life you need:

- The ability to make and keep friends.
- To play and work cooperatively with others.
- To lend support when necessary.
- To communicate well and show respect for yourself and others.



Social Wellness Tool Kit



Get active together



Build healthy relationships

Shape your family's health habits. A healthy family is a happy family!



Caring for yourself as well as others



Reflection: Social Wellness Tool Kit


- 1. Are you getting along with family, classmates, and teachers? Y/N*
- 2. Can you add more activities to the social wellness kit?*

A Case Study

Situation: You might be the top performer for your basketball team on Tuesday.....

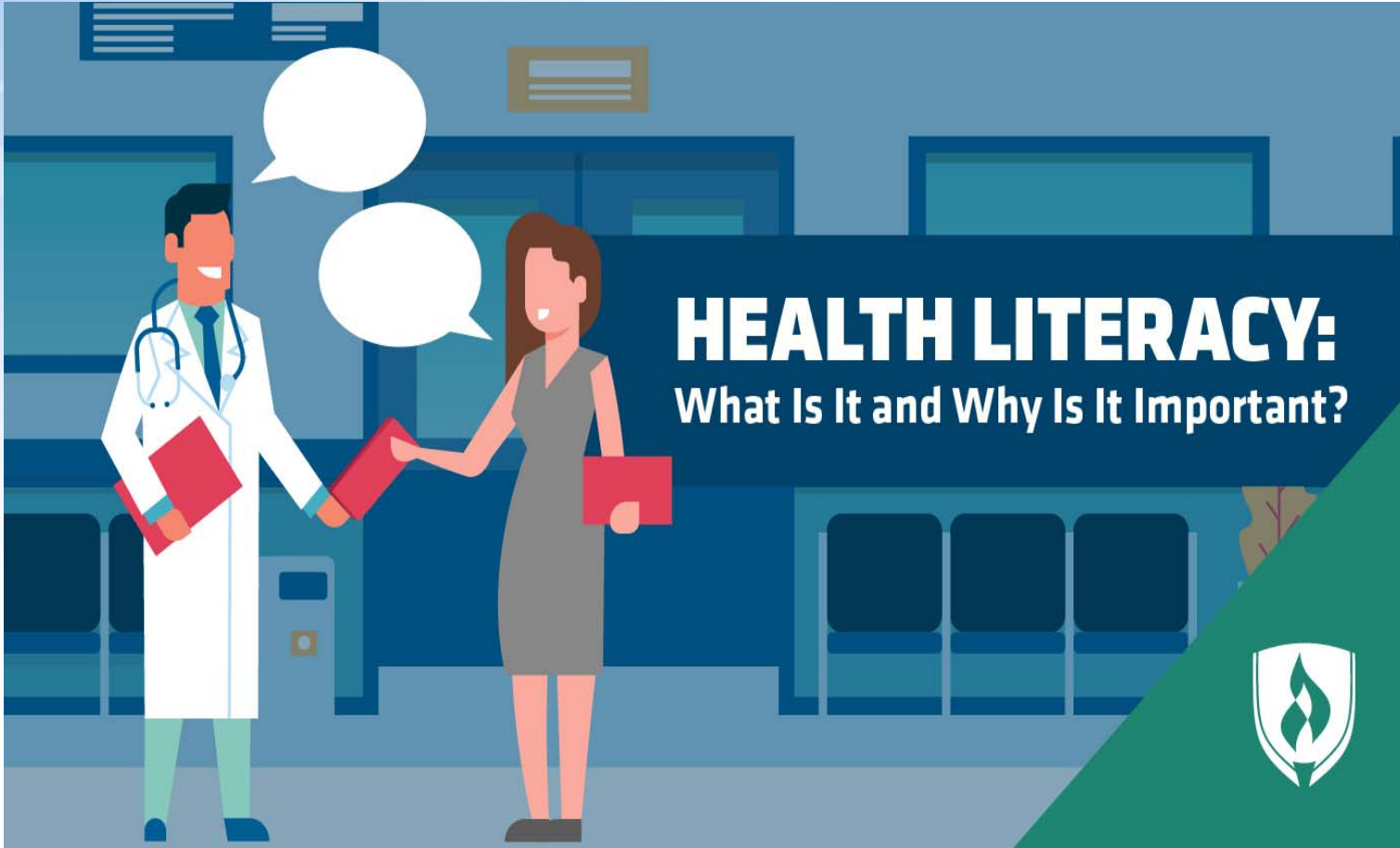


.....but sick in bed with the flu on Wednesday.



*Situation 1 tells that **our health is ever changing**, and hence, it is essential to take care of health every time, everyday!!*

*And, hence, **health literacy!***



Being a Health Literate

1. **A health literate person** has the capacity to obtain, interpret, and understand basic health information and service.
2. **A Critical thinker/Problem solver:** Evaluates information from reliable sources before making a decision.
3. **A responsible and productive citizen:** Chooses safe, healthful, and legal behaviours.
4. **A self directed learner:** Gathers and uses accurate, current health information.
5. **An effective communicator:** Expresses knowledge , beliefs, and ideas in a variety of forms.

Student's Activity

Students can record
their fitness data
and set **SMART GOALS** for their
health and wellness
in a **HEALTH and WELLNESS**
TRACKER!









Adventure to Fitness

Healthy Minds + Fit Bodies = Happy Kids !!

Adventure to Fitness - Healthy Tracker



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Daily Goal: 3-5 Vegetables & 2-4 Fruits							
 Daily Goal: 6-8 Cups of Water							
 Daily Goal: Eat Healthy Snacks Not Sweets							
 Daily Goal: 60 Minutes of Physical Activity							

Students' Activity – Post Session Review

If you took a snapshot of your health, what would you want it to look like?

- (a) Feeling well?
- (b) Feeling alert, well rested?
- (c) Having a positive outlook?
- (d) Well on eating habits?
- (e) Getting plenty of exercise?
- (f) Are you getting along with family, class mates, and teachers?
- (g) All of these

Time for Interaction and Feedback

