



Fit and healthy for the future

Part of preparing yourself for the future, and building resilience to cope with challenges, is making sure your mind and body are fit and healthy. This means that you are strong and ready to deal with things that come your way. Use the activities below to learn how to become fit and stay healthy.

This document is separated into a session plan for 5-7-year-olds and another for 7-11-year-olds with alternative activities. Educators are encouraged to adapt all activities to the needs of their specific learners.

Recommended ages: 5-7



Suggested timing: 45 minutes



Learning objectives

Learners will:

- think about how “fit and healthy” includes your happiness and wellbeing
- identify things that make your happy and healthy
- evaluate how to make balanced choices

Starter activity: Build your health wall



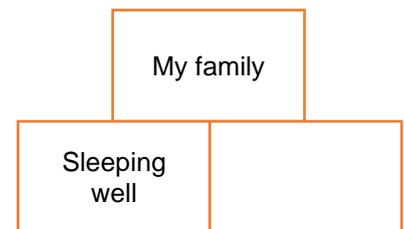
Encourage learners to think about the words “fit and healthy”, what do they think it means?

We think being fit and healthy is more than just eating well and exercising. Healthy is about being kind to your body and yourself and surrounding yourself with things that are kind and help make you feel happy and safe. Fit is about being prepared and ready to stay safe and healthy by making your body and your mind strong.

Ask learners to think of all the things that help make them happy and safe? On a piece of paper draw each item as a block in their health wall, which protects you and enables you to be ready and resilient.

Encourage learners to think about themselves and the people they have around them.

Ask learners why is protecting your health and happiness important?



Core activity: Healthy choices



Sometimes, things that make us happy can be unhealthy for us. It is important to understand how to make balanced decisions.

Guide learners to look at the examples below and evaluate whether the good outweighs the bad. To help learners visualise you could ask them to raise one hand to give a good point about how the thing they want to do is healthy, and the other hand to provide a point about it isn't it.

After they've presented their pro and con, ask them if they can think of any way they can adjust the example to make it more balanced. For instance, if the example if eating sugary good, with the pro that it makes them happy, and the con that it's bad for their body, the balance could be that they eat less sugary foods, but still have some as a treat now and then.

Remind learners that different things make different people happy so that answers will be personal to them, but that doctors and scientists help us to know what things are good and bad for your health.

1. Eating sugary food and drink
2. Spending lots of time without talking to anyone you care about
3. Doing some exercise for one hour a day

Encourage learners to present more examples, using the barrier they created in activity one.

Ask them how they will use what they have learned in their daily lives?

Extension activity: Five a day



Ask learners to think about some balanced things they should do every day to stay healthy, happy and safe? Encourage learners to pick five things they could start doing more regularly that make them happy but also keep their bodies and minds safe.

It could be things like eating five fruits or vegetables, exercise for sixty minutes, wash hands when coming in from being outside etc. But it could also be playing with my toys, talk to my family, hug my pet or be kind.

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Recommended ages: 7-11 minutes



Suggested timing: 45



Learning objectives

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- identify things that make you happy and healthy
- evaluate how to make balanced choices

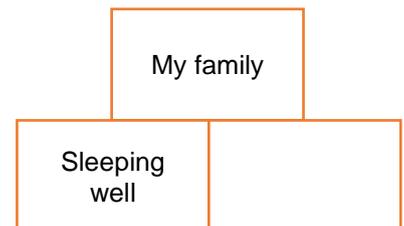
Starter activity: Build your health wall



Encourage learners to think about the words “fit and healthy”, what do they think it means?

We think being fit and healthy is more than just eating well and exercising. Healthy is about being kind to your body and yourself and surrounding yourself with things that are kind and help make you feel happy and safe. Fit is about being prepared and ready to stay safe and healthy by making your body and your mind strong.

Ask learners to think of all the things that help make them happy and safe? On a piece of paper, ask learners to draw each something as a block in their health barrier, which protects you and helps you be ready and resilient. Encourage learners to think about themselves and the people they have around them.



Extend this activity by asking learners than to think about things that might crack their wall. What things may impact and damage your health? They can think about it each block at a time.

Ask learners why it is important to stay healthy, happy and safe and how this might impact you in the future?

Core activity: Healthy choices



Sometimes, things that make us happy can be unhealthy for us. It is important to understand how to make balanced decisions.

Guide learners to look at the examples below and evaluate whether the good outweighs the bad. To help learners visualise you could ask them to draw around their hand twice. In one hand they can right the bad cons for each example, and the pros on the other.

After they've presented their pro and con, ask them if they can think of any way they can adjust the

example to make it more balanced.

For example, if the example is eating sugary food, with the pro that it makes them happy, and the con that it's bad for their body, the balance could be that they eat less sugary foods, but still have some as a treat now and then.

Remind learners that different things make different people happy so that answers will be personal to them, but that doctors and scientists help us to know what things are good and bad for your health.

1. Eating sugary food and drink
2. Spending lots of time without talking to anyone you care about
3. Doing some exercise for 1 hour a day
4. Using digital devices a lot
5. Feeling worried about something they can't control and not asking for help

Encourage learners to present more examples, perhaps using the wall they created in activity one.

Ask them how they will use what they have learned in their daily lives?

Extension activity: Five a day



Ask learners to think about things they should do every day to stay healthy, happy and safe? Encourage learners to pick five things they could start doing every day to be healthier, more comfortable, and safer?

It could be things like eating five fruits or vegetables, exercise for sixty minutes, wash hands when coming in from being outside etc. But it could also be playing with my toys, talk to my family, read a book or being kind.

Challenge learners to create a "Five a day pledge" with their family, so that they can all be healthier and happier together. They can create a poster to remind family members what they can do to be healthy and happy.