

WHAT DOES 'HEALTHY' MEAN?

Curriculum Links:

SPHE - Strand: Myself **Strand Unit:** Taking Care of my Body

Mathematics - Strand: Measures **Strand Unit:** Time

Concept/Learning Outcomes:

Pupils will identify and illustrate their own ideas of what healthy means to them.

Pupils will discuss these ideas and review the most common themes.

Pupils will apply these ideas and themes to different parts of their everyday lives.

Teaching Notes:

Encourage pupils to explore what health means to them. It's best to avoid specific individual traits. Discuss the general concept of healthy and explore what that might look like for pupils in their every day lives. Begin with positive messages of things we can do e.g: moving more, playing, trying new foods, eating fruit and veg, drinking water, sleeping etc.

'What Does Healthy Mean' Activity

Give a blank worksheet to each pupil and ask them to add words, phrases, drawings, activities or movements to describe things a person might do to stay healthy. Ask open ended questions to encourage pupils to think about different aspects of health; physical, mental and emotional. Ask children to also include things they could do less of or only for a little while each day such as sitting, screen time or choosing items from the top of the food pyramid.

Discussion

When pupils have completed their drawings, invite them to bring their worksheets together into an open space (either floor or table) and display them. Look at all the words, phrases, activities and movements used to describe 'healthy'. As a class, discuss any similarities. Agree on some of the common characteristics of a healthy person. Collate these responses so that you have a record of what the class perceive to be a healthy person. Finally, ask the children to say who they think is responsible for keeping themselves healthy and discuss why.

Storyboard Activity

Recall with pupils the similarities of a healthy person as discussed in the previous exercise. Give each pupil a print out of the healthy activities cut outs and the storyboard page. Starting in the morning, discuss the different things we do throughout the day that keeps our body and minds happy and healthy. Pupils should start by placing the cutouts at an appropriate time of day and then ask children to write or draw other healthy activities into the storyboard that can be done at different time during the day. Encourage them to use the following reporting format: "I know that I am keeping myself healthy when..."



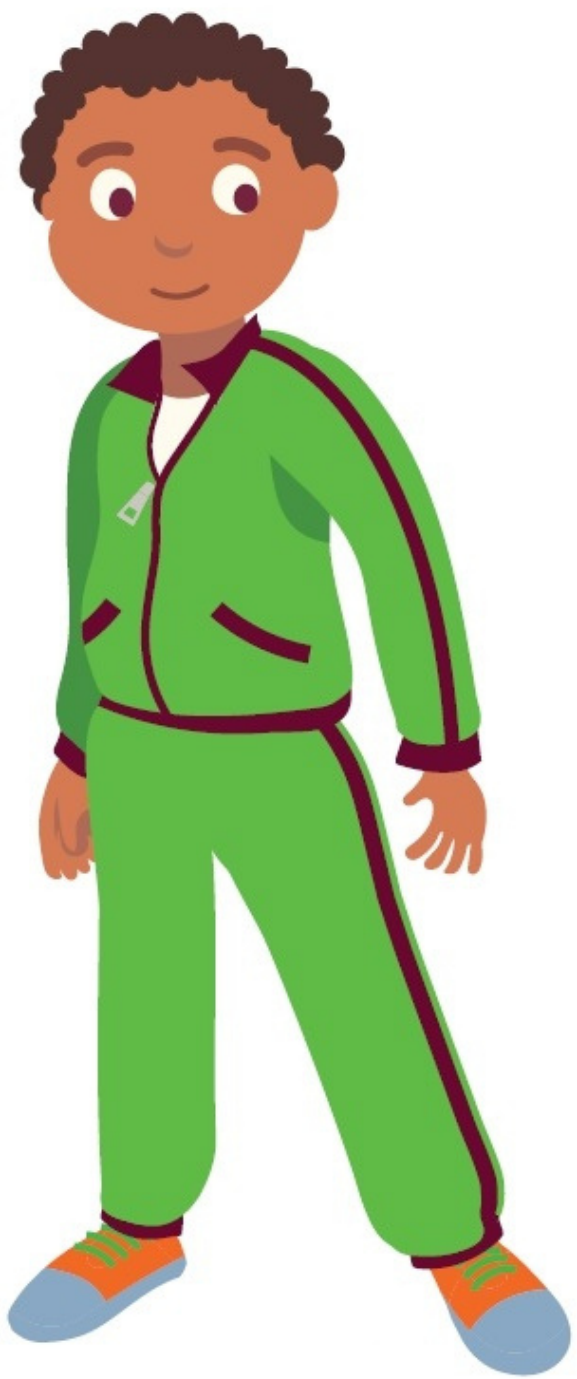


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Things I can do to help me to stay...

HEALTHY

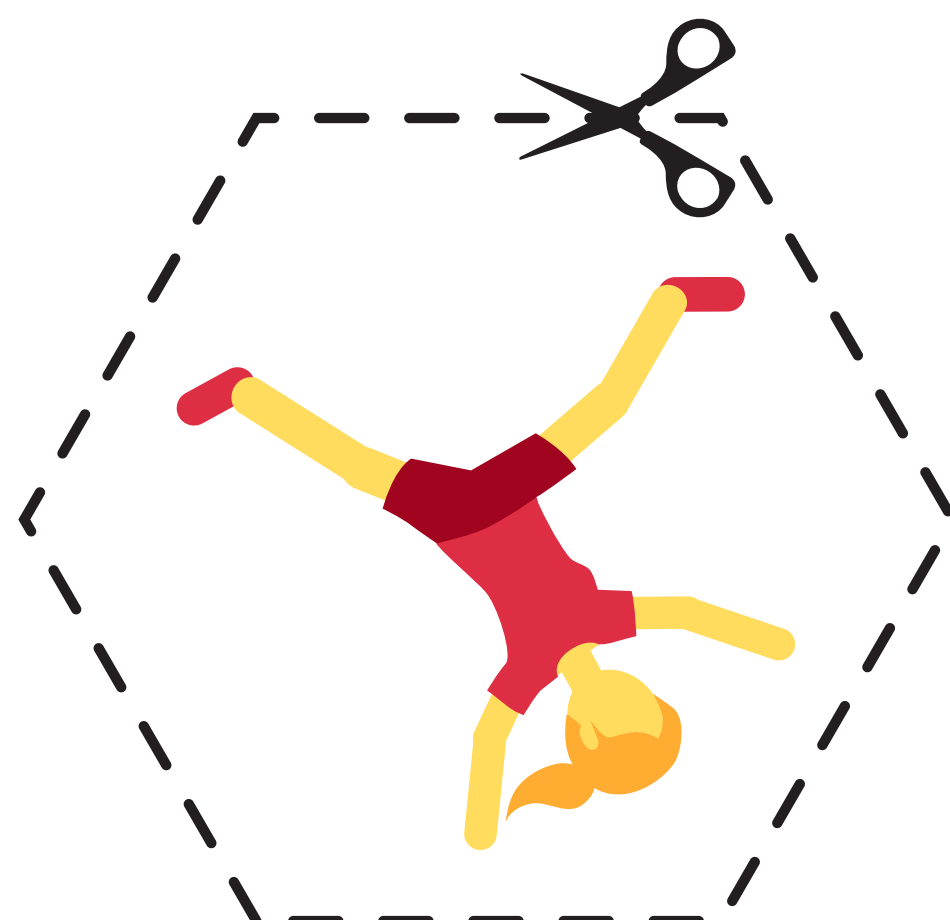
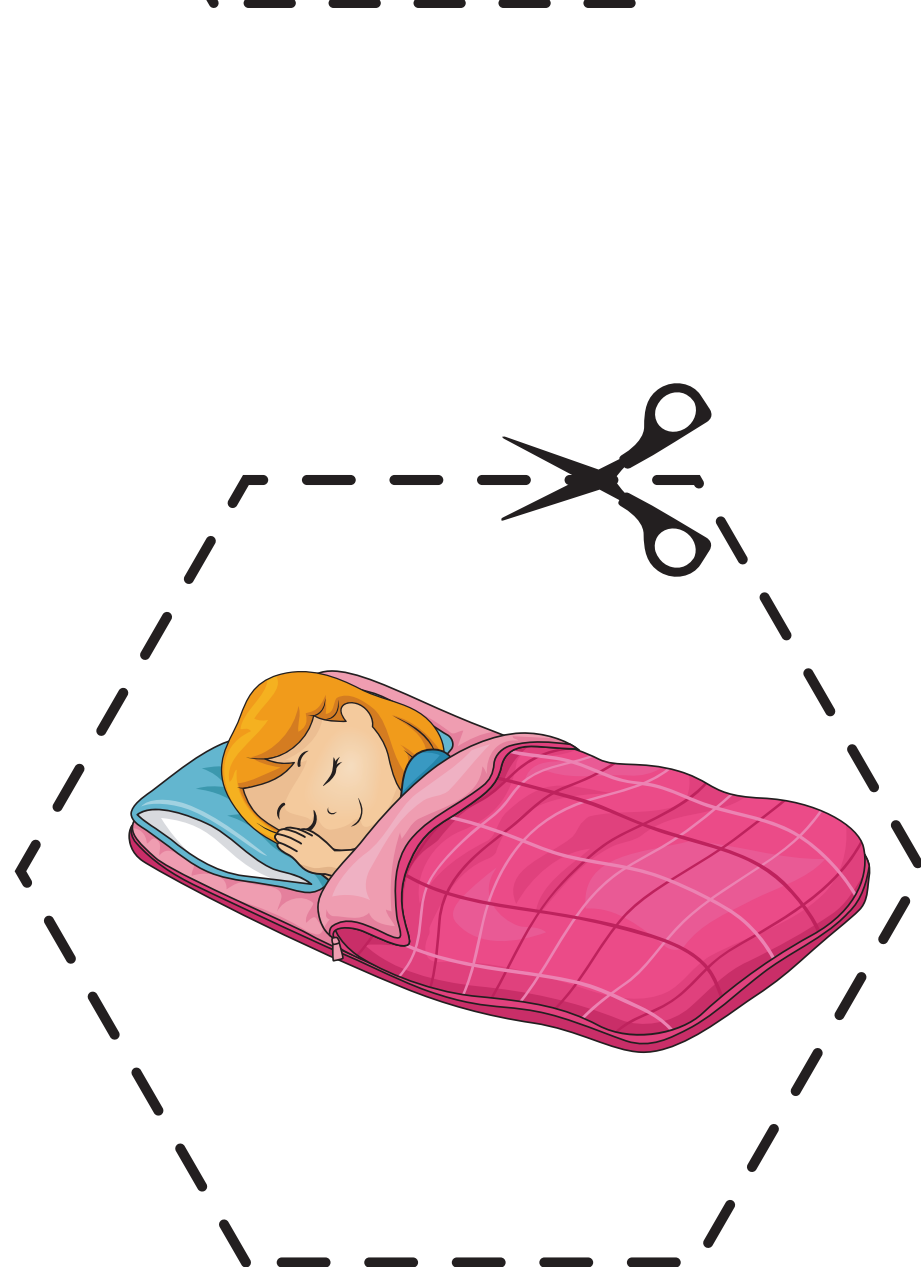
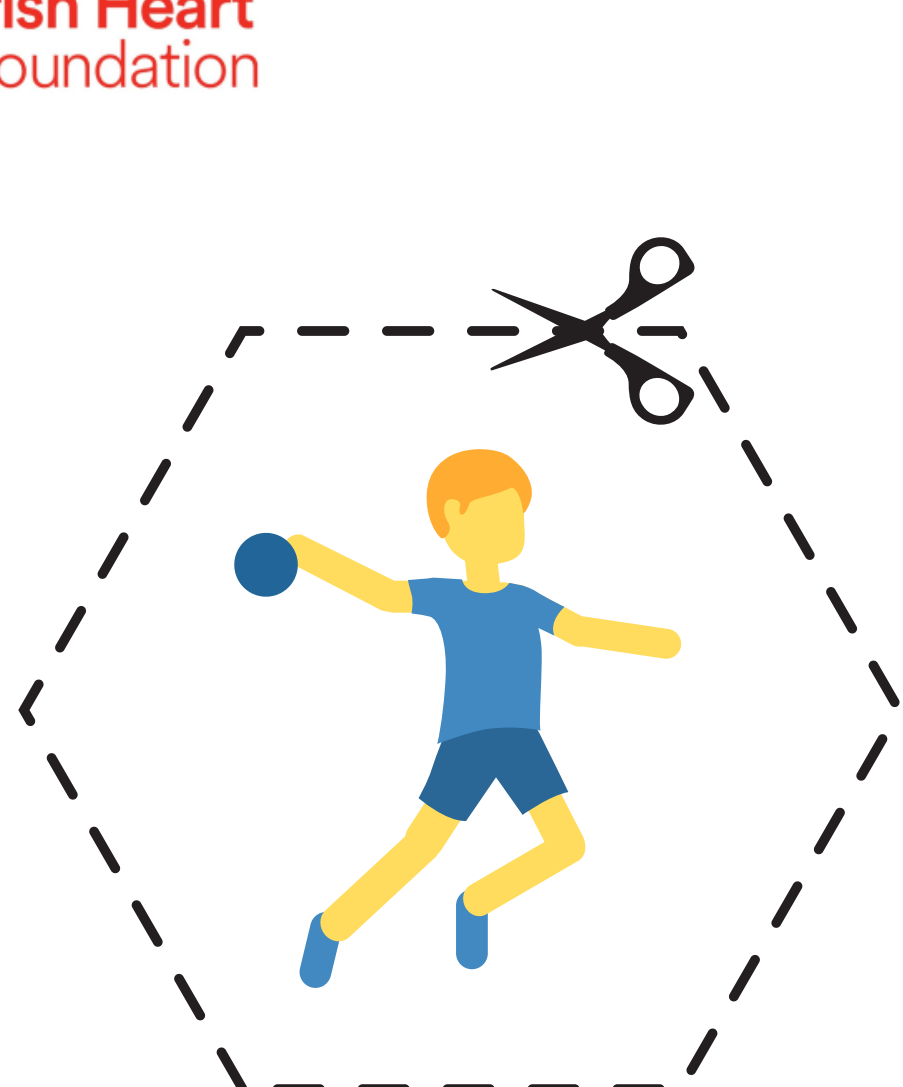


A LITTLE LESS....

HEALTHY ACTIVITIES CUT OUTS



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Add your cutouts and
other activities to the
storyboard below

*'I know that I am keeping myself
healthy when...'*

IN THE MORNING I...

AT SCHOOL I ...

AT HOME I ...

AT NIGHTTIME I...

