

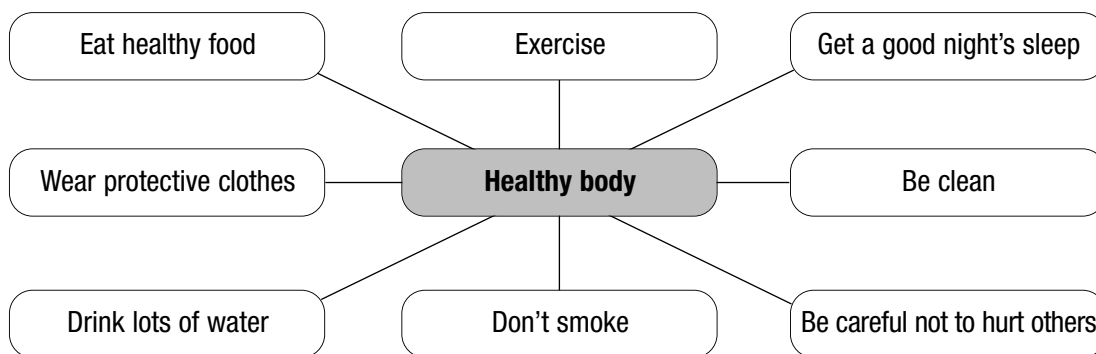


ACTIVITY

Make a chart – keeping our bodies healthy

Ask students to think about what we do to keep our bodies feeling good and our body parts working well (to keep physically healthy). Write their responses on a chart.

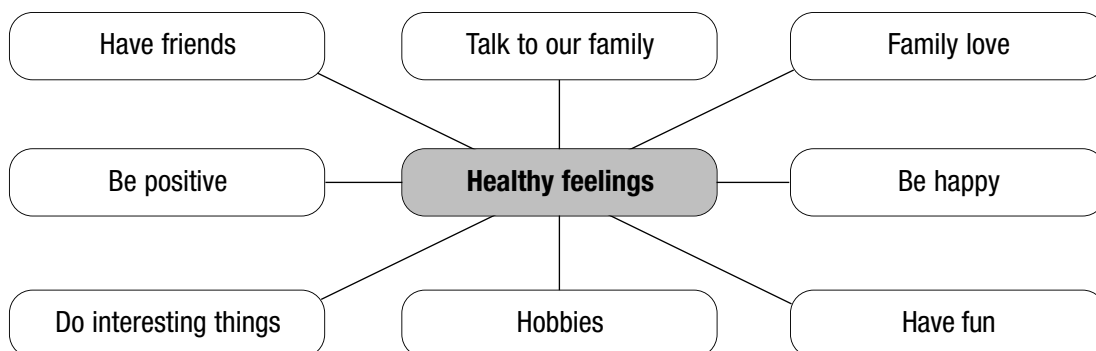
Examples:



Make a chart – keeping our feelings healthy

Ask students to think about how we look after our feelings (emotional health). Write their responses on a chart.

Examples:



Give students some old magazines and a sheet of paper each (or a page in their health book). Write the headings Our Body and Our Mind and ask the students to find and cut out different pictures representing their body (physical health) and their mind (emotional health), e.g. people smiling, having fun, with friends, being loving.

They should glue the pictures under the appropriate heading.

Arrange the students into groups for discussion and presentation of work. Ask students to display their pictures and explain why they chose them to represent the health areas.