

HEALTH & WELL-BEING AUDIT

Name: _____ Grade: _____

INTRODUCTION

I wonder, is my classroom a happy space?

A HEALTHY school is one where all members of the school work together to become healthy, happy learners and staff members.

Is your school a HEALTHY school? Let's take a look.

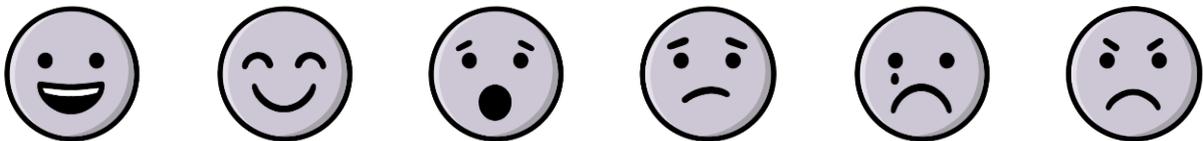
H E A L T H Y

Happy Eat Well Attitude Lifestyle Tomorrow Heart You

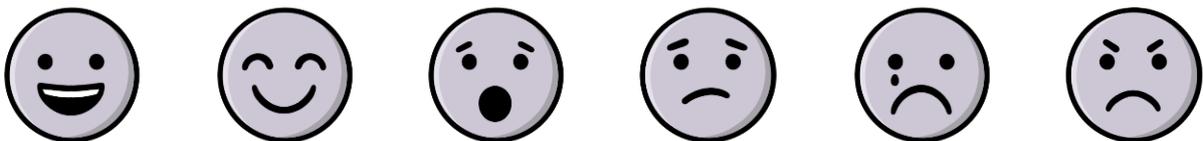
ACTIVITIES

1. Happy – Let's get Happy

- How do you feel right now (circle the emoji)?



- How did you feel yesterday (circle the emoji)?



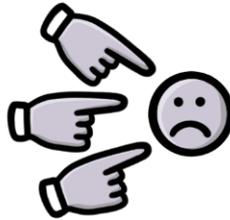
Nobody feels happy all the time and that is normal. We want to feel positive most of the time - we call this well-being.

Our classroom can help us feel happy.

- Put a circle around the things that make your classroom happy and put a cross through the things that make your classroom unhappy.



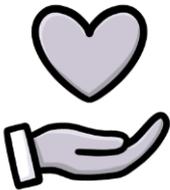
My teacher listens to me.



There is bullying in my class.



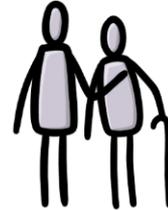
My classroom is a safe space.



We help each other out.



My teacher is always angry.



We are taught to be kind.

- Draw yourself in a happy, safe classroom

How can we improve our classroom’s mental well-being?

There are some very simple exercises to improve mental well-being in the classroom. Why don’t you try a few of them?

Mindfulness.

Why don’t you start each day with a mindfulness exercise that helps you focus on the here and now - rooting you in the present:

- Write down two things for each statement:

I see

I hear

I smell

I feel

Positive Affirmation

A positive affirmation is a brief phrase, often repeated, that challenges a negative view or thought (basically if we say it enough times our brain starts to believe it).

Why doesn't each learner recite a positive affirmation each time they walk into the classroom? Examples include:

- I love myself.
- I am brave.
- I am proud of what I have achieved.
- I am capable.
- Today is going to be a good day.
- It is okay if I make mistakes.
- I am going to make today count.
- I am creative.
- I am enough.
- I am loved.
- I deserve happiness.
- I have a voice.
- My choices are my own.
- I am strong.

Even better recite an affirmation about a partner every day (maybe the person sitting next to you).

Encouragement Jar

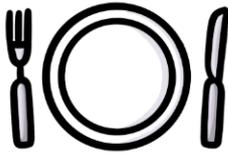
Nobody has a good day every day, there are always times when we are going to need a bit of encouragement. Why don't you create an encouragement jar, filled with written encouragements that people can read when they are feeling down?

For example: "You make someone happy."

- Write a few words of encouragement for someone who is feeling down.

2. Eat Well

Put a tick next to the things your school does:



We have lessons about healthy eating



We have enough time to eat lunch.



We have feeding schemes.



We have clean water to drink.



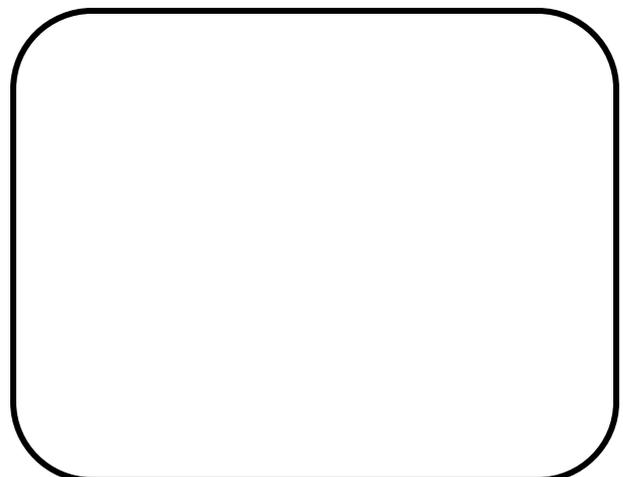
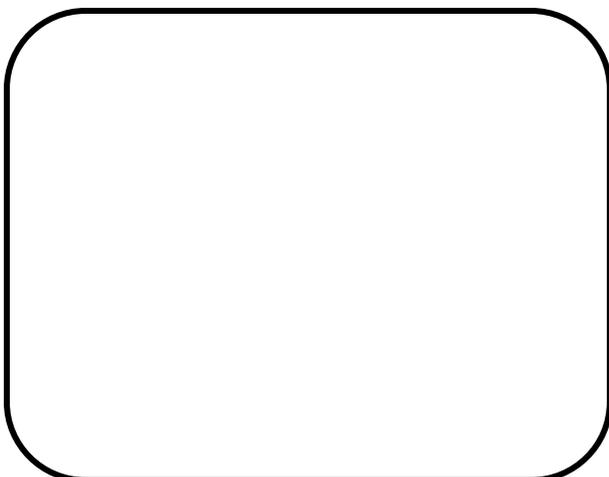
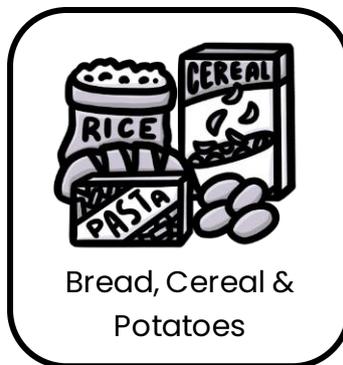
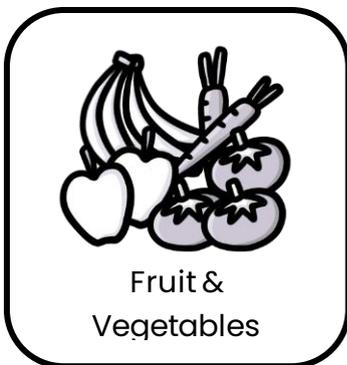
We have a vegetable garden.

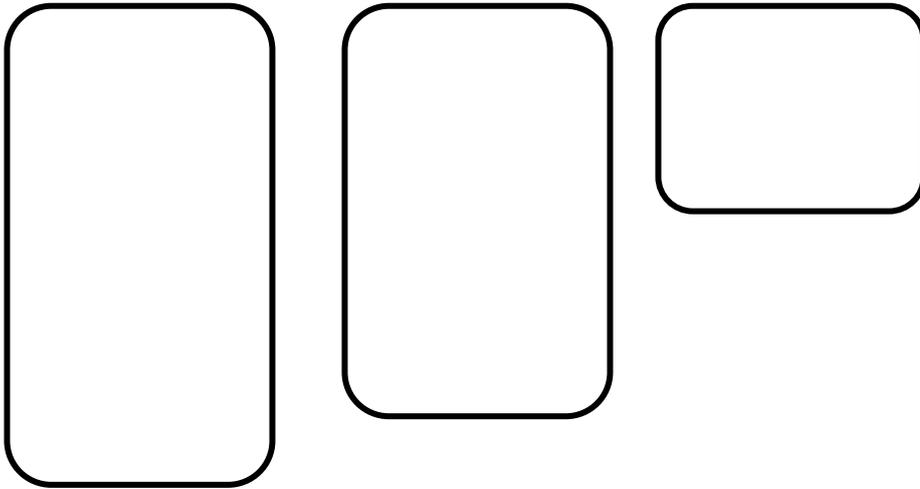


Our tuckshop sells healthy food.

What does “eat healthy” really mean?

- Can you remember which food group we must eat the most of? Put the food groups into the correct squares. The food you should eat the most of must go in the biggest square and the food you should eat the least of in the smallest square. You can draw or write in the squares.





- It is not always easy to eat healthily. Can you think of things that prevent us from choosing healthy foods? Fill in the table below...

Challenge to Healthy Eating	Solution
<i>Example: We don't have money for food.</i>	<i>We can join a feeding scheme.</i>

3. Attitude

Our world is changing and that can be scary. What things are happening in your world that scare you?

- Draw two pictures of things that scare you.

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Being resilient means that you can adapt or adjust to change. It does not mean you don't have to be scared anymore; it just means being brave enough to carry on.

"You are braver than you believe, stronger than you seem, and smarter than you know." – Christopher Robin

Being resilient is all about growing and moving forward.

- Let's look at some challenges and decide the best way forward. Put a tick next to the best solution for the challenge.

1. Maya failed her spelling test.

- a) She can study harder next time
- b) She can cry and shout.

2. Daniel fell over in his running race. He is now coming last.

- a) He can cry and leave the race.
- b) He can get up and finish the race.

3. Jocelyn doesn't understand the maths worksheet.

- a) She can ask her friends for help.
- b) She can refuse to do the work.

You cannot stop change from happening or challenges being tossed in your direction, but you can adapt how you approach life.

You have the power to influence the situation. This is a growth mindset.

4. Lifestyle

Exercise can:

- Improve fitness
- Build stronger bones and muscles
- Reduces the risk of developing diabetes, heart disease
- Boost your immune system
- Improve your concentration and memory
- Reduces symptoms of stress and anxiety

It is a definite no brainer - we should all be exercising.

HEALTH & WELLBEING

Grade 1 – 3 Audit

- Does your school promote physical fitness? Complete the following audit to get an idea.

Lifestyle - exercise	✓	
Our school say YES to sport and exercise.		2
Our school says NO to sport and exercise.		0
We are allowed to play during break.		2
We are not allowed to play during break.		0
Lots of time is provided for play.		2
Only a little bit of time is provided for play.		0
Our school has lots of sports equipment.		2
Our school doesn't have enough equipment for sport.		0
All students must do at least one sport.		2
Students do not have to do a sport.		0
Total for Lifestyle: (10)		

0 - 4 points	We all need to start somewhere.
5 - 8 points	You are doing well but can still improve.
9 - 10 points	Great job!

Classroom exercise

Why don't you set a classroom challenge? Each learner needs to commit to the 10 a Day Challenge – 10 of each exercise each day.

Exercise	Mon	Tues	Wed	Thurs	Fri
Sit-ups					
Push-ups					
Star-jumps					
Frog jumps					
Dance Moves					

5. Tomorrow

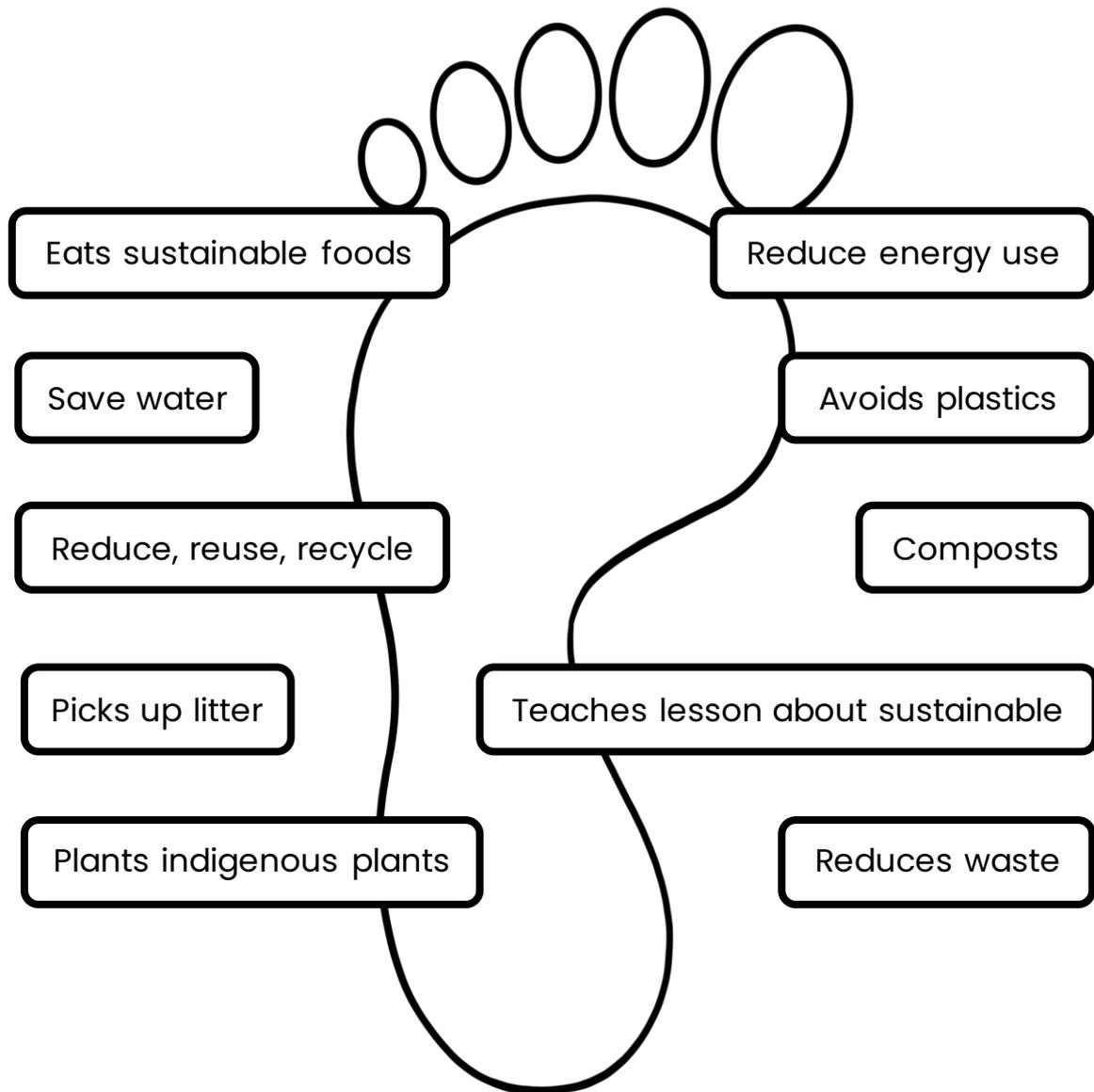
Living sustainably for the future

“We do not inherit the earth from our ancestors, we borrow it from our children.” – Native American Proverb

Everything we do influences the environment. We call this our ecological footprint.

We need to make our footprint as small as possible to be sustainable (which means we can keep going forever).

Look at the footprints and circle all the good things your school does to become sustainable.



5. Heart

Being part of a community is important. It gives us a sense of belonging.

Communities unite us.

Classroom Community

Get to know a classmate - Human Bingo

- Ask each person to write down one fact about themselves.
- Shuffle all the facts.

- Each learner can take a fact - not their own.
- Learners need to try and identify the person who matches their fact.

Create a buddy system

Everyone needs a bit of help sometimes. Why not create a buddy list, listing your strengths so that classmates can choose a buddy to help. It can be anything from helping carry someone's bags to helping them out with maths

Hold Weekly Class Meetings

Hold short meetings with the class every week to allow teachers and learners to touch base and discuss any issues.

Work towards a Shared Class Goal

Let your class decide on a class goal (for example cleaning all the litter off the fields for a month). Choose a reward and work together to achieve your set target

Get out into your community

Get your class out and support the community. Here are some good ideas to get you started.

1. Stationery drives for underprivileged
2. Pick up litter in your community

3. Visit an old age home and read to the elderly
 4. Collect toiletries for the underprivileged
 5. Have a cake sale for a local charity
 6. Plant trees in your community
 7. Donate toys to a local hospital
 8. Make baby packs for new moms
 9. Start a local sports team
 10. Create a community library
 11. Have a teacher appreciation day
- Draw three things that you can do to help your community.

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6. You

The change starts with you

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has.”

– Margaret Mead.