
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.

Many schools in South Africa are challenged by countless issues that can contribute to poor health. Maybe learners come from disadvantaged backgrounds and struggle with food security or maybe there are issues in the community such as gangsterism or drug use.

- What health issues do you think affect your school?

Is your school a HEALTHY school? There are many different factors that influence health. To make it easier, we can break them down into the following groups:

H	E	A	L	T	H	Y
Happy	Eat Well	Attitude	Lifestyle	Tomorrow	Heart	You

ACTIVITIES**1. Let's get HAPPY!**

Do you think your classroom is a happy, safe space that promotes mental wellbeing?

- Let's do a simple audit to get an idea:

Happy – Mental Health	✓	
We can talk about our emotions in class.		2
We are not allowed to talk about our emotions in class.		0
Our classroom so NO to bullying!		2
Our classroom does not care about bullying.		0
My teacher checks in with me every day.		2
My teacher doesn't check in with me very day.		0
My teacher listens to the class's issues and concerns.		2
My teacher doesn't listen to the class's issues and concerns.		0
I feel safe in my classroom.		2
I do not feel safe in my classroom		0
Total for mental health: (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!

What does "HAPPY" really mean?

- What makes you feel happy?

- Do you feel happy all the time?

It is normal not to be happy all the time. What other emotions do you feel?

- Can you guess what the emoji is feeling?













A better word to use is Well-being - “a state of being comfortable, healthy or happy” (Oxford English Dictionary).

When we talk about well-being we talk about overall positivity in life and a life filled with meaning and purpose.

- What factors do you think contribute to well-being?

Remember for most people happiness (puppies might make one person happy but not another) does not mean the same thing, but we can often find common ground in well-being.

For learners at school, a classroom needs to be a happy space that promotes well-being.

- Thinking about the audit you completed, what factors do you think contribute to well-being in the classroom?

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 creative.

- 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 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

Eat Well	✓	
Lessons are taught about healthy eating.		2
Lessons are not taught about healthy eating		0
There is enough time to eat my lunch.		2
There is not enough time to eat my lunch.		0
Everyone in my class has access to healthy foods.		2
Not everyone in my class as access to healthy food.		0
There is a feeding scheme for hungry learners.		2
There is no feeding scheme for learners.		0
Our tuckshop sells healthy foods.		2
Our tuckshop sells mostly unhealthy foods.		0
There is fresh water for us to drink.		2
There is not fresh water for us to drink.		0
Our school has a vegetable garden to grow healthy food.		2
Our school does not have a vegetable garden.		0
Total for "Eat well": (14)		

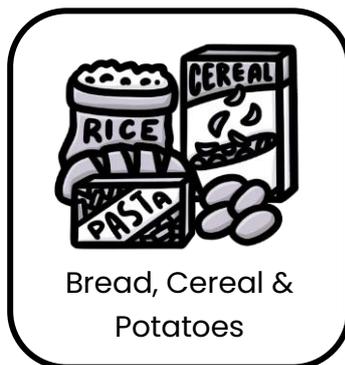
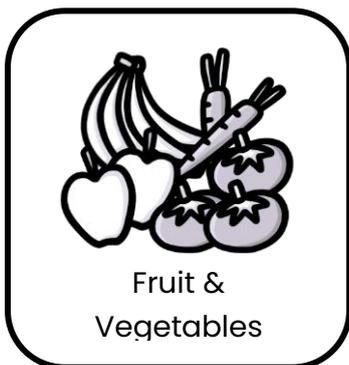
0 - 5 points	We all need to start somewhere.
6 - 9 points	You are doing well but can still improve.
10 - 14 points	Great job!

What does “eat healthy” really mean?

- How well did your school score in the healthy eating challenge?
What were your weakest areas?

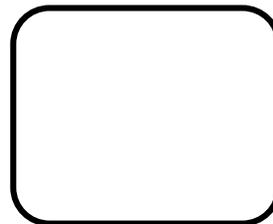
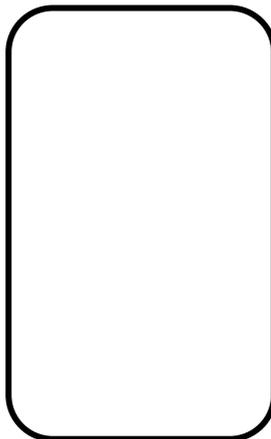
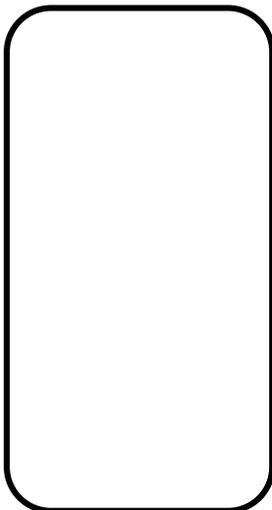
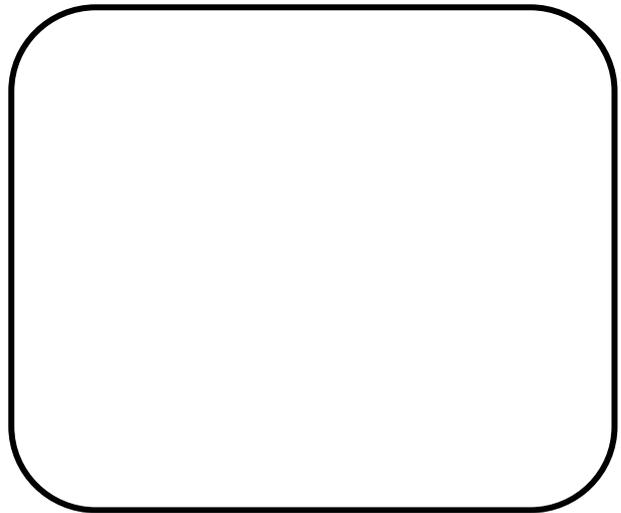
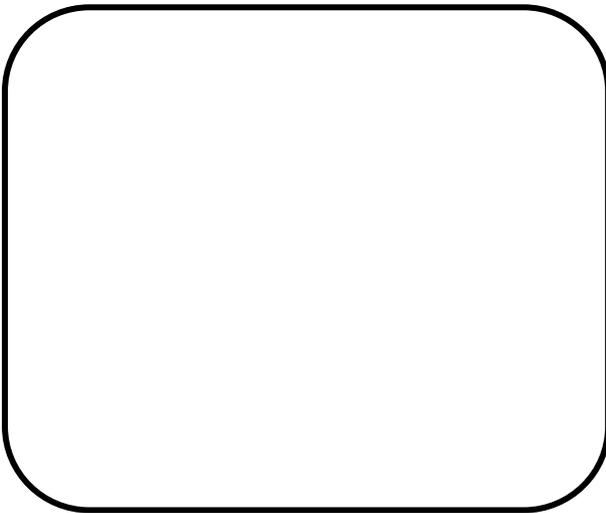
Did you know that eating well is not all about food?

We have all been told the basics about healthy eating. Can you remember which food we must eat the most of? Using the foods below, put the food groups into the different size 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.



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- However, this is often easier said than done. In the table below, write some challenges to choosing and eating healthy food and then suggest a way to tackle these challenges.

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

Mindfulness does matter.

There are huge benefits to being mindful of your eating habits, but what does mindful mean? Do the following exercise to figure it out.

- Answer the following questions, you have 1 minute (time yourself – no cheating):

When was the last time you ate? _____

Did you eat slowly or fast? _____

Were you distracted? _____

Did you eat with others? _____

When you ate were you hungry? _____

What did you eat? _____

What did you drink? _____

How long since you last ate before that? _____

What time did you eat? How much food did you eat? _____

How much did you have to drink? _____

- Did you find it easy to answer all those questions?

Being mindful of your eating habits means being aware of how, why, what, where, when, and how much you eat! Pay attention to your food, enjoy the flavour, the smell, and even the company at the meal.

This can help you make positive choices around food and eating behaviours.

This is also why it is important for schools to provide sufficient time for learners to eat their meals.

3. Attitude

Are you a resilient learner? Is your school a resilient school?

Being resilient means that you can adapt or adjust to change.

Fill in the audit below, to get an idea of your school's approach to resilience.

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Attitude – Resilience	✓	
Ours school teaches us about a growth mindset.		2
Our school does not teach us about a growth mindset.		0
Our school encourages challenges to be embraced and learned from.		2
Our school does not embrace challenges.		0
We are allowed to offer views, ideas, and opinions		2
We are not allowed to offer views, ideas, and opinions		0
We are taught to think about stress positively.		2
We are not taught to think about stress positively.		0
We are encouraged to be problem solvers.		2
We are not encouraged to be problem solvers.		0
Total for mental health: (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!

- How did your school score? Does it focus on a growth mindset?

Let's face it, the world is constantly changing and sometimes that is scary.

- What changes in your world scare you?

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.

Your school should be actively encouraging this approach. This is a growth mindset:

When you face a challenge or change you need to:

1. Acknowledge (I didn't make the soccer team)
2. Accept (It is okay to not be in the team)
3. Embrace (I will be fine)
4. Growth (I will practice more after school)

You have officially embraced the growth mindset.

Can you think of some challenges that you have faced? Write the challenge down and think of some creative ideas to move forward.

- The challenge I faced:

- I have learnt:

- To move forwards I will do:

4. Lifestyle

Exercise can:

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

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- Improve your concentration and memory
- Reduces symptoms of stress and anxiety

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

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

Lifestyle - exercise	✓	
Our school says YES to sport and exercise.	<input type="checkbox"/>	2
Our school says NO to sport and exercise.	<input type="checkbox"/>	0
We are allowed to play during break.	<input type="checkbox"/>	2
We are not allowed to play during break.	<input type="checkbox"/>	0
Lots of time is provided for play.	<input type="checkbox"/>	2
Only a little bit of time is provided for play.	<input type="checkbox"/>	0
Our school has lots of sports equipment.	<input type="checkbox"/>	2
Our school doesn't have enough equipment for sport.	<input type="checkbox"/>	0
All students must do at least one sport.	<input type="checkbox"/>	2
Students do not have to do a sport.	<input type="checkbox"/>	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? First, you need to get the baseline (this is the starting point) fitness level for three basics exercises, for everyone in the class (by everyone I mean EVERYONE- teacher included).

Please no judgement, everyone will start at a different fitness level.

How many sit-ups can you do in one minute? _____

How many push-ups can you do in one minute? _____

How many jumping jacks can you do in one minute? _____

Once you have your baseline, repeat the experiment every week for a term and see if your levels improve!

5. Tomorrow

"We do not inherit the earth from our ancestors, we borrow it from our children."- Native American Proverb

At the core of everything that we do, we should be mindful that our actions and every choice we make has an impact on the environment.

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Does your school support a sustainable lifestyle?

- Complete the audit below to find out.

Tomorrow – Sustainable Living	✓	
We are taught about sustainable living.	<input type="checkbox"/>	2
We are not taught about sustainable living.	<input type="checkbox"/>	0
We understand environmental issues	<input type="checkbox"/>	2
We do not understand environmental issues.	<input type="checkbox"/>	0
We are taught to become green citizens.	<input type="checkbox"/>	2
We are not taught to become green citizens.	<input type="checkbox"/>	0
Our school tackles environmental issues (e.g., recycling to reduce waste)	<input type="checkbox"/>	2
Our school does not tackle environmental issues.	<input type="checkbox"/>	0
Total for “Tomorrow”: (8)		

0 – 3 points	We all need to start somewhere.
4 – 6 points	You are doing well but can still improve.
7 – 8 points	Great job!

We should all be attempting to tread lightly on the planet.

As a green citizen, you should be aware of environmental issues and use your growth mindset to think of creative ways to improve them.

- Name one environmental issue that affects your school.

- Suggest three ways that you can tackle the above issue.

6. Heart

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

Communities unite us. How strong is your school's community?

- Complete the audit below to find out.

Heart – Healthy Communities	✓	
Our educators know their learners.	<input type="checkbox"/>	2
Our educators do not know their learners.	<input type="checkbox"/>	0
We have a voice and are encouraged to share views and ideas.	<input type="checkbox"/>	2
We do not have a voice and are encouraged to share views and ideas.	<input type="checkbox"/>	0
Our class is working towards a common goal.	<input type="checkbox"/>	2
Our class is not working towards a common goal.	<input type="checkbox"/>	0
Parent participation is encouraged at all levels.	<input type="checkbox"/>	2
Parent participation is not encouraged.	<input type="checkbox"/>	0

Our school encourages community outreach.		2
Our school does not encourage community outreach.		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!

We can always do more to embrace our community spirit.

Classroom Community

Here are some activities to improve community cohesion in your school, classroom, and your surrounding community.

1. 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.

2. 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

3. Hold Weekly Class Meetings

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

4. 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

5. Get out into your community

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

- Stationery drives for underprivileged
- Pick up litter in your community
- Visit an old age home and read to the elderly
- Collect toiletries for the underprivileged
- Have a cake sale for a local charity
- Plant trees in your community
- Donate toys to a local hospital
- Make baby packs for new moms
- Start a local sports team

- Create a community library
- Have a teacher appreciation day

7. 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.