

# nurturing potential



## Session: 'Be Healthy'

**NB: YOU MAY WANT TO DO THIS SUBJECT OVER TWO SESSIONS DEPENDING UPON HOW THE INITIAL SESSION GOES AND TIME AVAILABLE.**

### Pre-session Preparation

Copies of worksheets

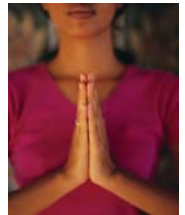
### Learning Objective

Group discussion promoting a personal understanding and appreciation of living a healthy life.

### Two minute recap of last session.

#### Hand out 'Be Healthy' Session worksheet

Ask children to write their name, date, and session number on the top of the sheet



### Start the Session.

Divide the group into work groups and ask each work group to consider one of the following questions (15 minutes); writing their answers on a flip chart sheet.

#### What does mental health mean to you?

Continuous learning

Challenging our own assumptions

Appropriate stimulation\*

Let only the best information enter your mind – information that will help you live a positive life

Develop only positive thoughts

Look for opportunities in every situation

Develop an ability to understand and cope with change



#### What does emotional health mean to you?

Understanding and accepting your emotions

Learning how to use and manage your emotions in every day situations

Building character and developing your positive values

Stress management, causes, symptoms and coping techniques



**NOTE TO COACH: You may wish to use Mood Cards or Virtue Cards to support this discussion.**

#### What does physical health mean to you?

Diet – nourishment for the body and mind

Exercise

Sexual health

More energy – oxygen in your body

Clear mind – focus on what is important to live a positive life

Behaviour – the impact of your behaviour on you and others

Appropriate Stimulation\*



\*Stimulants – caffeine, sugar, salt, alcohol, cigarettes (nicotine), anxiety, T.V., Computers and game consoles. Look for more natural stimulants such as exercise and good food to make you feel good.

Practice restraint and will-power in our own well-being.

### Relaxation – Last 5-10 minutes

Close session and thank participants for their time and contribution.

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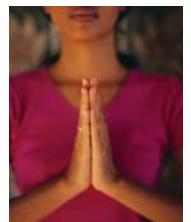


<b>Name:</b>	<b>Date:</b>
<b>Session Number:</b>	<b>Session Name:</b> <b>Be Healthy!</b>

## Objective

Developing a personal understanding and appreciation of living a healthy life.

What does mental health mean to you and what do you do to improve yours?



What does emotional health mean to you and what do you do to improve yours?



What does physical health mean to you and what do you do to improve yours?

