



Thinking Focus: **Health**

Mental, physical, spiritual and emotional freedom from illness and injury; being well

Curriculum Focus

Health and well-being are more than being free of injury. They include your attitude to the world, your outlook, and your lifestyle choices: How do you deal with challenges? How do you respond to illness and injury - physically or otherwise? This unit provides prompts for pupils to investigate different kinds of health in different kinds of ways and then to make choices about how they want to protect and develop their own health and well-being.

A healthy attitude is contagious but don't wait to catch it from others. Be a carrier.

Tom Stoppard



Knowledge, Skills & Values

Pupils can explore the facts related to a healthy lifestyle: diet, exercise, sleep, safety, good life choices, positive/realistic outlook, emotional and mental well-being. They can learn to base their health choices on their values (such as respect for life, care, kindness, gratitude) and then develop the discipline and skills needed to stay healthy and to improve their own and others' well-being.

Starting Points

Text

<https://www.healthyyoungmindsinherts.org.uk/five-ways-wellbeing>

Read and understand the 5 ways to well-being. Create a simple logo for each one.

Data

<https://www.who.int/mediacentre/infographic/en/>

Pick an infographic that interests you. Identify 3 facts. What can change?

Map

<https://www.healthmap.org/en/>

Explore the map. Collect at least 2 interesting or surprising facts.

1. Basic Questions/Tasks

What is health? Make a 10-word definition.

How is it best to keep healthy?

Find/research/investigate and record creatively:

- 5 images related to being healthy
- 4 images related to being unhealthy
- 3 objects related to health
- 2 words most linked to health
- 1 sound that is healthy

Make a piece of music to help people be healthy.

2. Deeper Questions/Tasks

Make a diagram linking together the following words. You must be able to say why you made each connection. Make at least 10 connections

Health Well-being Self-esteem Sleep Mind
Emotion Body Happiness Choice

Where is health?

Why do we want health?

3. Long-term Questions/ Tasks

From your research choose one new habit that aims to improve your health. Commit to this for 1, 2 or 3 months. Record what you are doing, why you are doing it, what you are aiming for and your daily progress.

What are the biggest barriers to improving your health?

Self-esteem is as important to our well-being as legs are to a table. It is essential for physical and mental health and for happiness.
Louise Hart



Books

What To Do When You Worry Too Much
by Dawn Heubner

Way of the Warrior Kid
by Jocko Willink

Starting Points

Watch

<https://www.youtube.com/watch?v=IUsea3JV7Vk>

Watch and create your own version of this kind of video.

Act

<https://www.healthykids.nsw.gov.au/home/factsheets/5-ways-to-a-healthy-lifestyle.aspx>

Commit to 1 new health habit for 5 days, then 10, then 15 more.

Extend

Find connections, causes, similarities and other links between the facts discovered in this section: Text - Data - Map - Watch - Act