

Make Health Habits Visible

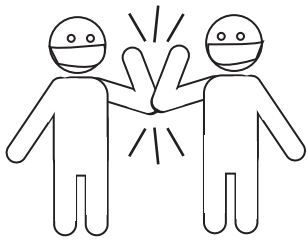
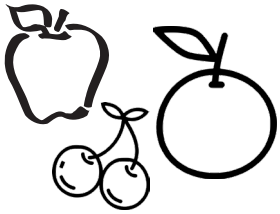
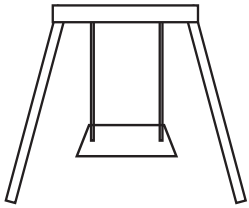
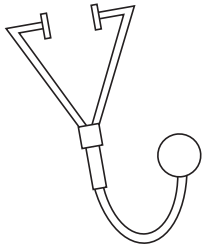
Colourful Health: Well-being and Learning



CONNECT the word HEALTH to experiences and actions that make your body and mind strong. You will make a **Healthy Habits Plan** that connects the ways you feed and care for your body with how you feel and interact with others. Use each letter in the word to spark your thoughts about healthy behaviours and relationships.



CREATE a sketch for every letter in the word HEALTH. Draw images that represent actions, ideas, and relationships that help you and others be healthy.



EXERCISE
NUTRITION
PLAY



PRESENT your sketches to others and add new ideas that come to mind during the discussion. What are some of the different ways people view health?

Make Health Habits Visible (continued)

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RESPOND to others' ideas by adding more actions that you will include in your *Healthy Habits Plan*. Did you sketch nutritious meals and snacks? Indoor and outdoor exercise? Visits to a doctor for health check-ups and vaccines? Using the arts to express your feelings (including sketching, singing, dancing, acting out stories, or making a selfie video)? Building positive relationships with others? Setting behaviour and learning goals? What else?

My Healthy Habits Plan