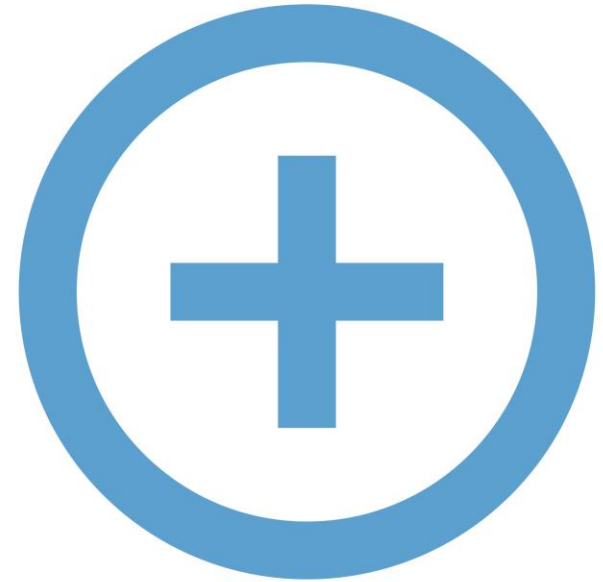


Education unlocks good health and well- being

- Lesson Slideshow for Educators



Activity – What do good health and well-being mean?

**What do good health
and well-being
mean?**

- **Health is all the things we can do to take care of our bodies**
- **Well-being is about feeling comfortable, healthy and happy**



Activity – How can education unlock good health and well-being?

How can education unlock good health and well-being?

Taking part in sports at school can encourage people to be physically active.



Education can train scientists to develop vaccines and treatments to fight pandemics.

Schools can provide safe spaces for children and young people to talk about their feelings.

**Education can
train engineers
to design and
build water
treatment plants**



**People have
clean water
to drink**



**This reduces the
risk of people
catching and
spreading some
diseases**



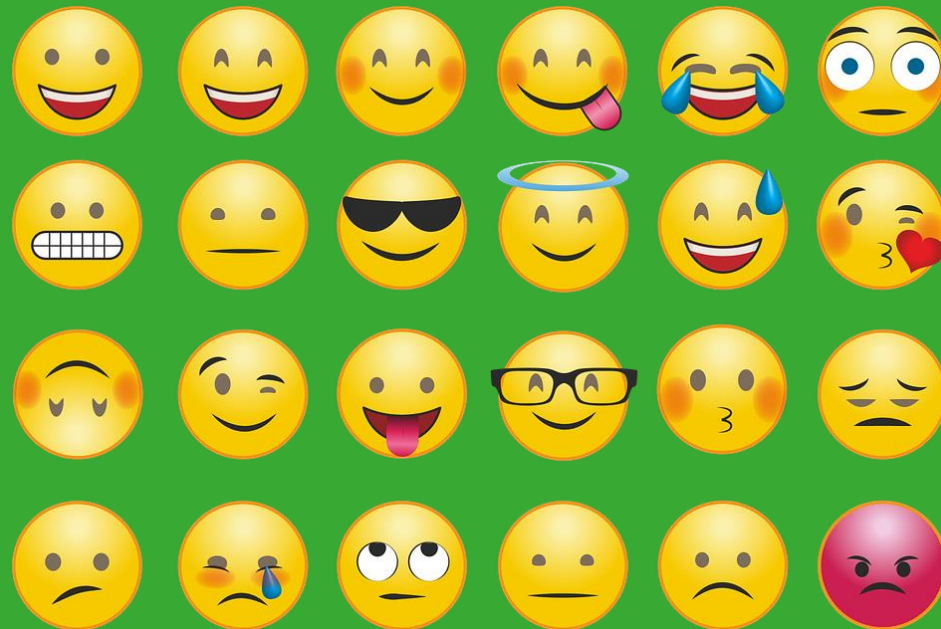
**This helps
people to be
healthy**

Activity – Making my well-being pack (7-11)

Activity – My well-being calendar (11-16)

Challenge

You have one minute to think of as many different emotions as possible!





Giving out well-being packs

How do you think these children might have felt by being forced to stay at home because of Covid-19?

How might going to school help children's well-being?

How do you think it might feel to suddenly have to leave home?



Well-being activity ideas

**Take five
deep breaths**

**Get some
fresh air
outside**

**Talk to someone
about
how you're feeling**

**Write down three
things you are grateful
for**

Help someone else

Do some exercise

**Learn something
new**

What would you put in a well-being pack?

**A colouring
book and
pencils**

**Photos of
your
favourite
place to be**

**Pieces of
Lego**

**Photos of
people (or
pets) who
make you
happy**

**Favourite
toy**

**A healthy
snack**

**A list of
people you
could talk
to**

**Some
playdough**

Slide for ages 7-11

Design a well-being calendar

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Write an idea in each square for something that you could do each day to look after your well-being.

Slide for ages 11-16



Theirworld