



## Lesson 8: Healthy Body, Happy Mind

### SPHE Strand: *Myself*

#### **Strand Units: Self-identity (Self-awareness) / Taking care of my body (Health & well-being) / Growing and changing (As I grow I change)**

*The child should be enabled to:*

- *identify realistic personal goals and targets and how these can be achieved in the short or long term*
- *understand and appreciate what it means to be healthy and to have a balanced life-style*
- *realise that each individual has some responsibility for his/her health and that this responsibility increases as he/she gets older*
- *identify the skills and abilities acquired and the interests and pursuits taken up in recent years*

### Objectives

1. That the children will understand three key steps to keeping their bodies healthy.
2. That the children will begin to explore the links between keeping their bodies healthy and their well-being.
3. To give the children the opportunity to implement these three steps and to observe and record the effect on their well-being and positive emotions.

### Development

- Show and discuss PowerPoint slides.
- Discuss and complete one or both of the activities in the children's Pupil Book.
- Discuss and set the homework page.



# Part 3





## Lesson Plans and PowerPoint Slides


### Lesson 8: Cross-curricular Links / Supplementary Activities


- Visual art: make a collage of a healthy meal on a paper plate.
- Think-Pair-Share : Ten ways to get one hour of exercise daily.


 **My Plate Nutrition Learning Activity** - Design healthy daily menus - from [nourishinteractive.com](http://nourishinteractive.com)  
[www.otb.ie/wwb-nutrition](http://www.otb.ie/wwb-nutrition)

 **Talking My Plate** - Interactive Healthy Food Game: Listen to the Talking Plate explain about portion sizes and parts of a healthy diet e.g. carbohydrates, proteins, etc. - from [nourishinteractive.com](http://nourishinteractive.com)  
[www.otb.ie/wwb-talking-my-plate](http://www.otb.ie/wwb-talking-my-plate)

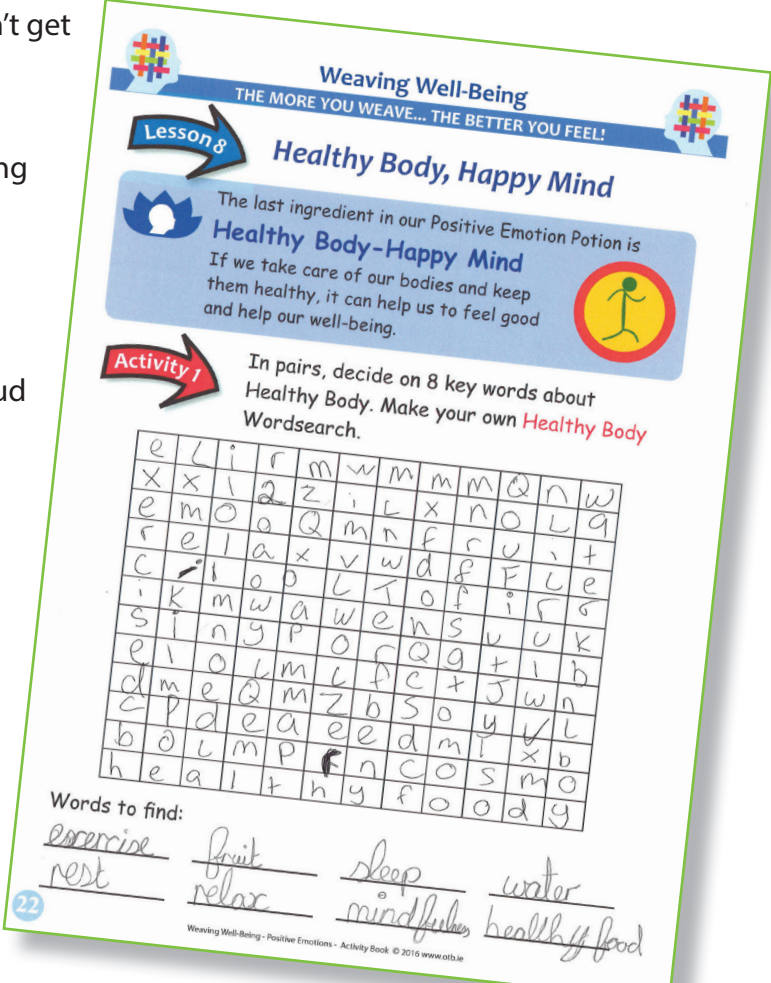
 **Dinostomp** - Dance-A-Long Video - Allow movement and exercise breaks regularly throughout the day by *Koo Koo Kanga Roo* - YouTube (3:37)  
[www.otb.ie/wwb-dinosaur-stomp](http://www.otb.ie/wwb-dinosaur-stomp)

 **Sleep for Kids - Teaching kids the importance of Sleep** - Science: Read about the effects of sleep deprivation, brainstorm tips for getting a good night's sleep and encourage children to observe how they feel when they don't get enough sleep - from [sleepforkids.org](http://sleepforkids.org)  
[www.otb.ie/wwb-sleep-for-kids](http://www.otb.ie/wwb-sleep-for-kids)

 **Why Do We Sleep?** - Animation explaining what happens while we sleep and the importance of sleep from [hooplakidz.com](http://hooplakidz.com) - YouTube (2:00)  
[www.otb.ie/wwb-why-sleep](http://www.otb.ie/wwb-why-sleep)

 **Me and My Amazing Body** - A Read Aloud Activity Book by *Ali Scott*  
[www.otb.ie/wwb-my-amazing-body](http://www.otb.ie/wwb-my-amazing-body)

Additional movies available on the **Weaving Well-Being** Channel:  
[www.otb.ie/wwb-channels](http://www.otb.ie/wwb-channels)



**Weaving Well-Being**  
THE MORE YOU WEAVE... THE BETTER YOU FEEL!

**Lesson 8** **Healthy Body, Happy Mind**

The last ingredient in our Positive Emotion Potion is **Healthy Body-Happy Mind**  
If we take care of our bodies and keep them healthy, it can help us to feel good and help our well-being.

**Activity 1** In pairs, decide on 8 key words about Healthy Body. Make your own **Healthy Body** Wordsearch.

e	L	i	r	m	w	m	m	Q	n	w
x	x	i	z	i	L	x	n	O	L	g
e	m	o	Q	m	n	f	r	u	-	+
r	e	i	a	x	v	w	d	f	F	L
C	i	o	L	T	o	f	i	r	s	
-	k	m	w	a	w	e	n	s	v	u
s	i	n	y	P	O	r	Q	g	+	i
e	i	o	L	m	L	f	e	+	J	w
d	m	e	Q	m	Z	b	S	o	y	v
C	P	d	e	a	e	e	d	m	i	x
b	o	L	m	P	f	n	C	o	S	m
h	e	a	l	t	h	y	f	o	o	d

Words to find:  
 exercise    fruit    sleep    water  
 rest    relax    mindfulness    healthy food

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Sample of child's work from their Pupil Book