

Healthy Lifestyle Activity

During the healthy lifestyle activity (second session) children were asked to imagine that they are personal trainers and they needed to give advice to a client about living a healthy lifestyle. Year 4.3 discussed and brainstormed suggestions on living a healthy lifestyle. Children expressed their own ideas and listened to their classmates' ideas. Following the discussion children had time to write down these suggestions that included following a balanced diet, the importance of physical activity, reducing stress and sleeping well.

