

## Nuffield Health Schools Wellbeing Key Stage 3/4

### Teacher Activity: Supercharge your day

**Suggested time: 15 mins**

#### Teaching objectives

- To introduce specific skills that help with stress, including breathing techniques
- To come up with lists of small health change tips that can be shared with peers
- To develop listening, sharing and discussion skills

#### You'll need

- Supercharge your day slides
- Flipchart paper and coloured pens

#### Activity outline

In this session you'll discover some easy tips and tricks to build health and wellbeing into our everyday lives. Recap on some of the ideas you may have covered from other activities that help, and discuss if anyone has tried some of the ideas and made some changes already. How did it feel? Is it easy to keep up?

Split the class into four groups and give them each a topic and colour:

- Breathing relaxation – red
- Get active – blue
- The Gratitude Attitude – green
- 5-a-day – yellow

Give each team two minutes to come up with their own four or five simple things they can do for their topic to improve their lives and help their health and wellbeing:

- Breathing relaxation – stressful places and situations where they could use relaxation techniques
- Get active – ways of moving more during their day
- The Gratitude Attitude – everyday things and occurrences to be grateful for to support positive thinking
- 5-a-day – simple food swaps they can do to build more fruit and vegetables into their diet

This could be done as a standing activity (see the **Standing class** activity).

Now ask the groups to split into rainbows where each group has at least one member of each colour. Each colour shares their tips with their new group. Perhaps each group can come up with some additional ideas too.

Regroup back into the original colour groups and create an infographic on their topic using flipchart paper and pens. Be as creative as possible in making it eye-catching and ensuring key messages can be seen. Share the infographics with the rest of the class and display.

Now show the Supercharge your day slides. Share the ideas for each topic with the class, are there any ideas that the groups did not come up with? Do any of the ideas resonate with the students?

Encourage the students to add some ideas to their healthy lifestyles pledges (see the **Pledge wall** activity) and display in the classroom.

### Extension suggestion

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Create infographics using available technology and share with the school community. You could create an accompanying podcast or vodcast using the information. You might even want to create a gameshow, news item or mini-soap to present your ideas.

You could also do the individual **Breathing relaxation** and **The Gratitude Attitude** activities to explore these in more detail.

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