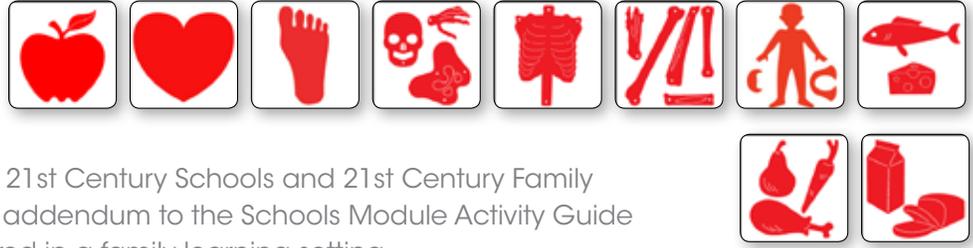


## Healthy Me



Healthy Me is available as a combined 21st Century Schools and 21st Century Family Learning Module. It is supplied with an addendum to the Schools Module Activity Guide to enable the Module to also be delivered in a family learning setting.

The addendum includes links to the Adult literacy core curriculum.

Modules are designed to be delivered to small groups over four sessions and are perfect for a variety of settings such as schools, children centers, hospitals, family learning centers and out of schools groups and clubs.

This Module is suitable for elementary students and contains curriculum-linked discussion points, step-by-step instructions and resources needed to enable each child to complete a Healthy Me book using a selection of their own photographs and die-cut shapes.

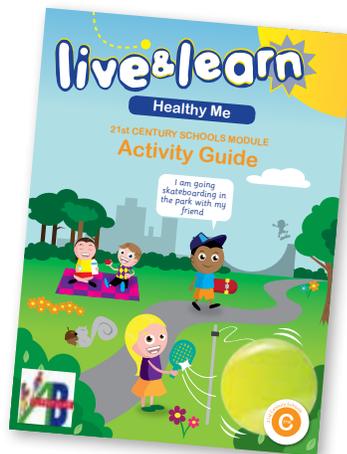
The main objectives of the four sessions are:

Science

Personal, Social, Health Education & Citizenship

Physical Education

- Healthy Eating - To think about developing a healthy, balanced and varied diet
- Exercise - To think about being active and how this has benefits for our all round health and wellbeing
- Healthy Bones - To think about the skeletal system and how to look after bones through a balanced diet and exercise
- Putting it all together - To think about what has been learned and put together an action plan for the future



### Self-delivery

Dies, manual and consumables for 6 groups  
Additional consumables for 6 groups

5098008  
5098006

### Consultant delivery

1 hour curriculum-linked workshop  
x 6 participants x 4 sessions

5098189

A die-cutting machine is required for all of the activities. Letters and numbers are used within many of our activities. The machine and alphabet dies are not included in the Module but are available separately or as part of Starter Kit One (Schools Activity Bundle).

## **We have 21 activity guides, as follows:**

- Anti-bullying, Captain Confidence, Community, Dynamic Dad, Emotions, Enterprise, Go Green, Going for Goals, Healthy Me, I Love my Life, Magic Maths, My Family, Olympics ,Stay Safe, Transitions 1 ,Transitions 2,Word Play, Baby Science parts 1 thru 4.

Each activity guide provides 4 sessions, with each session focusing on a different aspect of the topic. The first page runs through the underlying ideas and aims of the guide. Each guide includes an introduction, which explains the way in which our guides work, as well as an outline of the government initiatives we cover: We retain the following list in spite of some being ended by the government as we believe they are vital.

- **Inclusion**
  - Ensuring all learning environments meet the needs of their pupils when it comes to special educational needs, gifted and talented and English as an additional language.
  - Including parent/child discussion to carry out at home, therefore providing links between school/learning environment and home.
  - Ensuring every child has the support and encouragement they need and deserve.
- **Millennium Development Goals** – Remembering to be aware of the 8 goals created to respond to the world’s main development challenges, for example; eradicating extreme poverty and reducing child mortality. (All 8 of these goals are explained within each of our activity guides).
- **21st Century Schools** - Reinforcing the aim for partnerships between parents, children’s services and schools.
- **Enterprise** – Encouraging young people to be innovative and to develop their determination, confidence and drive.

The guide then includes information and instructions for the use of the die machine and die, together with how the die machine works, we also explain the materials which can be used with it and different folding and cutting techniques used in various activity guide projects.

Each session within the guide is laid out in the same way:

- Objective
- Outcomes and additional links
- Step-by-step guide
- Dies required - see the red examples on the top of the opposite page.
- Ways in which to cover the government initiatives

## **Key points for the activity guides:**

1. It is really fun and unusual. It keeps the pupils entertained. It is completely safe.
2. Although the initial output is a little expensive (\$100.00 for the die machine, \$15.00 for each activity guide and \$30.00 for each die required) only one die machine, activity guide and set of dies is required for a class. This entire set is **reusable** with the only new material being the card needed. Therefore after the initial output, the use of the activity guides is a lot cheaper than other activities on the market.
3. All of the products created can be kept by the individual pupil or be used as wall displays.
4. All of the activity guides allow pupils to create something completely individual to them by using personal photographs and journaling their own thoughts and ideas.
5. From a special educational needs perspective, the die machine enables pupils without fine motor skills to create something they can keep, which is to the same standard as the other pupils around them. Therefore, the use of the die machine and dies helps to remove stigmatism and barriers associated with special educational needs.

Many of our educational paper craft packs link to the activity guides. The Davis Family program uses many of these packs in a thematic approach.