

Lesson 5

Daily Wellbeing Check-in



Key Skills

Being Literate, Managing Myself, Staying Well, Managing Information & Thinking, Being Numerate, Working With Others, Communicating

Statements of Learning

1, 3, 10, 11, 12, 13

Lesson Introduction



Learning Goals

At the conclusion of this lesson, I will be able to;

- **Examine** and **assess** my own wellbeing in a given moment.
- **Analyse** different elements which contribute to positive wellbeing
- **Plan** actions that I can take to improve my own wellbeing.

Wellbeing Indicators



Responsible



Active



Respected



Connected



Resilient



Aware

A Mindful Moment



Daily Wellbeing Check-in



- When you are busy with school work, study, sports commitments, socialising with friends and lots of other things going on in your life, you may become exhausted, stressed out or even experience burn out.
- That is why it is important to take time out and check if you are doing everything possible to safeguard your wellbeing.
- Today you will take stock of how you are and create an action plan on how to further nurture your wellbeing.



Water



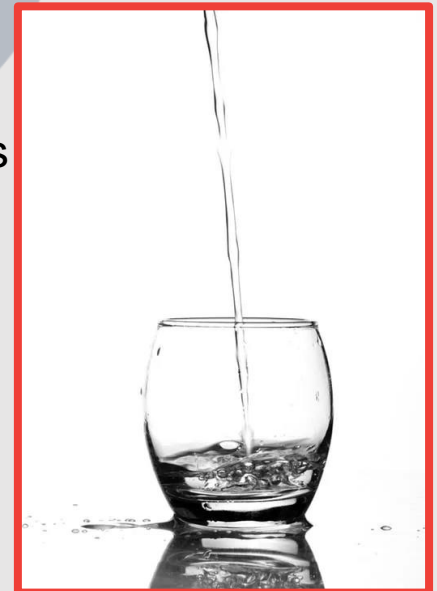
Water makes up roughly 60% of your body weight and is essential to good health.

It's needed to regulate body temperature, transport oxygen and nutrients to cells, flush toxins keep your skin moist and cushion your joints.

Being properly hydrated helps your body to function at its best.

Survey Question:

Do you know how much water a teenager should drink per day?



Balanced Diet



Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. This means eating a wide variety of foods in the right proportions. Consuming the right amount of food helps to achieve and maintain a healthy body weight.

Teens need extra nutrients to support bone growth, hormonal changes and organ and tissue development, including the brain.



Survey Question:

Can you describe and explain how the food pyramid is used?



Sleep



Sleep is food for the brain. During sleep, important body functions and brain activity occur.

Teens need more sleep because their bodies and minds are growing quickly.

Teens who are deprived of sleep may feel moody, look exhausted and also be unable to focus or concentrate and therefore perform poorly in class and in exams.



Survey Question:

Do you know how much sleep a teenager needs per night?



Exercise



Regular exercise for teenagers ensures a healthy weight, strong muscles and bones, improved heart health and a good posture.

Exercise is important for the teenage body because it not only promotes physical health, but also significantly improves mental health by building self-confidence and helping with body image.



Survey Question:

Do you know how much exercise a teenager should do per week?



Balance



A lot of teenagers feel societal pressure and have a lot on their plate and so it is important to find a way to balance everything - from school work and study, to sports commitments, socialising with friends, etc.

Making time for yourself in a busy day by switching off from social media or getting outside for some fresh air can make the world of difference and help you to refocus and improve your wellbeing.



Survey Question:

Do you know of beneficial ways to create balance in a busy life?



Family and Friends



Building and maintaining strong relationships with family and friends is very important to your wellbeing. These are the people who will be with you throughout your life, encouraging you and supporting you through the good times and the difficult challenges.

By nurturing relationships which are positive and respectful you will have a deeper capacity for caring, empathy and communication for others.



Survey question:

Can you identify characteristics of a good relationship?



Journal Activity



Complete the Journal Activity (A) on page 25 in your Student Journal.

Nurture
4 Wellbeing



Student Feedback



Journal Activity



Complete the Journal Activity (B) on page 26 in your Student Journal.

Nurture
4 Wellbeing



Lesson Review



Learning Goals

At the conclusion of this lesson, I will be able to;

- **Examine** and **assess** my own wellbeing in a given moment.
- **Analyse** different elements which contribute to positive wellbeing
- **Plan** actions that I can take to improve my own wellbeing.

3, 2, 1

Three things I learned today.

Two things I will change or improve.

One thing I want to know more about.

Lesson Review



Traffic Lights

Colour the traffic light which best represents your understanding of today's lesson



Red

I don't understand at all and need help.

Orange

I need some support and don't fully understand some aspects of what we learned today.

Green

I am happy that I understand this lesson very well.

Indicators of Wellbeing

Tick the appropriate Indicators of Wellbeing you identified in today's lesson



Responsible



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Respected



Connected



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Aware