

## **N.C.JINDAL PUBLIC SCHOOL**

### **Health and Wellness Club-2017-2018 CLASS VI**

#### **1<sup>st</sup> term**

#### **APRIL**

1. *Aims and Objectives of HWC club (scrap file activity)*
2. *World Health Day(7<sup>th</sup> April)*  
*Topic –DEPRESSION-LET'S TALK (POSTER MAKING)*

#### **MAY**

3. *Activity on making first aid box*
4. *Strategies for health issues(scrap file activity)*

#### **JUNE**

*PREPARE SCRAPFILE ON Summer and Winter DISEASES and its PRECAUTIONS-*

#### **JULY**

5. *Worksheets on health and wellness(4 worksheets)*
6. *Cleanliness is a key to good health-(Discussion and field work)*

#### **AUGUST**

7. *Simple life style habits and its contribution to good living(scrapfile activity).*
8. *'CHILDHOOD OBESITY'(case study-scrapfile)*

#### **SEPTEMBER**

9. *Make display board on "First Aid Camp"*  
*(WORLD FIRST AID DAY-16<sup>th</sup> September)*
10. *Making 'positive note' greeting card.*

**2<sup>nd</sup> term**

**OCTOBER**

- 11. Discussion on "Disability is not a curse" (scrapfile activity)
- 12. 'Healthy Food and Healthy Habits' (playcard/slogan making)

**NOVEMBER**

- 13. Health and Wellness song
- 14. Blood pressure machine display (practical and first aid activity)

**DECEMBER**

- 15. Poster making competition on "WORLD AIDS DAY-1<sup>st</sup> December"
- 16. Role Play (classroom activity)

**JANUARY**

- 17. Simple first aid (Scrapfile activity)
- 18. Worksheets on health and wellness (4 worksheets)

**FEBRUARY**

- 19. Quiz
- 20. "Early to bed and early to rise etc.----nursery rhyme meaning and use of it in daily life"

 