

**LIST OF ACTIVITIES
HWC, 2017-2018
CLASS-VIII**

ACTIVITIES

Ist TERM

1. Components of food and sources—Picture chart.
2. Checklist for health promotion in school.
3. A daily food guide for students.
4. Physical fitness activities ---Poster making.
5. Safety in the community --- Discussion.
6. Life skills & Sub- Skills ---- Flow chart.
7. List of activities of Health & wellness Club.
8. Preparing re- cycled papers.
9. Different colour dustbin for different waste.

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10. "Get Set Go"—Yoga for all.
11. Group games on adolescent issues.
12. How to look for anaemia (eyes, tongue, palm.)
13. CPR concept.
14. Dog bites & how to avoid them.
15. Preparation of First aid kits.
16. Methodology for 'bandage' a patient.
17. Internet safety—guidelines for students.
18. Safety rule of the roads.
19. Self made nutrition recipe competition.
20. Symptoms & cure of following disease : Measles, Mumps, Jaundice, Chickenpox.

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Shree