

Health & Wellbeing

S1 & S2

Lesson 1

How it works



Access

You'll be emailed out your lesson information at the beginning of your lesson or directed to the correct area of Teams to find your activity.



What's Involved

The lessons will be made up of a PowerPoint and an activity you will complete over the week.



Logging

Each lesson will have an activity attached, you should complete this over the week and submit it to your teacher.



Help

If you need help, your teacher is just an email away.



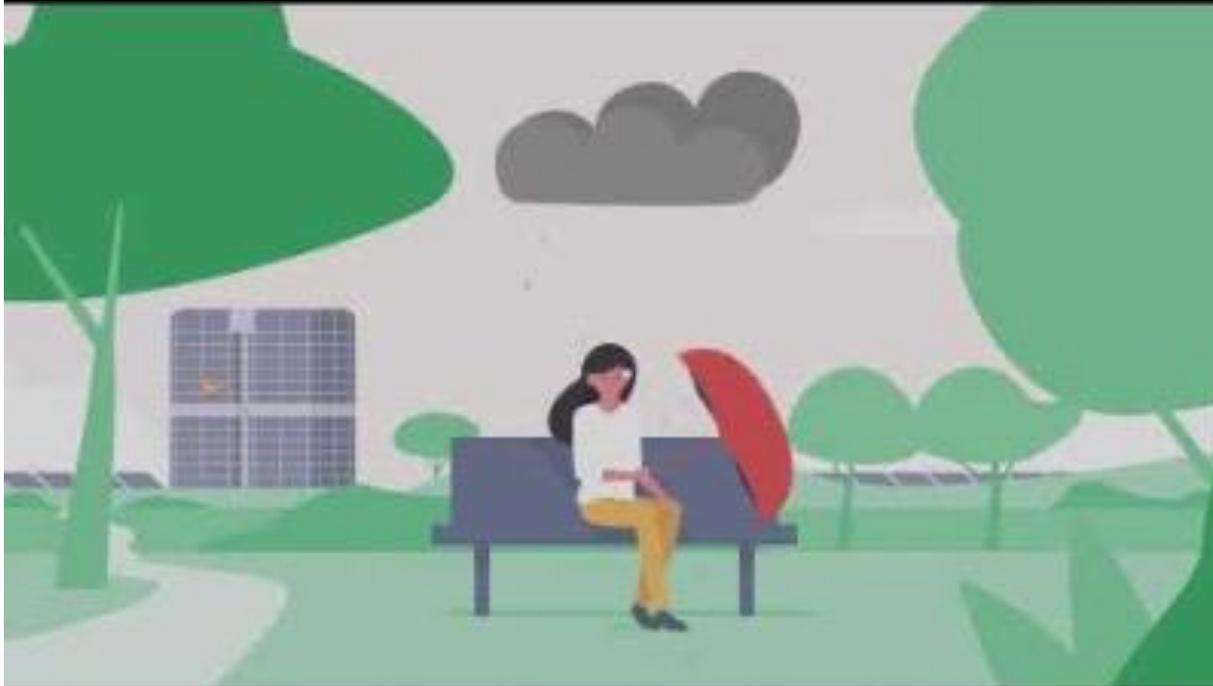
Why we're doing it

It's a time with lots of change and uncertainty, so it's important to put some time aside to take care of your own health and wellbeing.

To put your wellbeing first think about MAGIC.

Thinking MAGIC means you're thinking about the 5 steps to wellbeing.

These steps have all be found to have a significant impact on how a person feels



The 5 M.A.G.I.C. Steps to Wellbeing

This short 2 min animation explains these M.A.G.I.C. steps and the great impact they can have. Over the coming weeks will be looking at the M.A.G.I.C steps and seeing what we can do to take time to focus on ourselves.

Healthy Eating and Exercise Questionnaire.



- ▶ You are going to be given or open the Questionnaire document and complete the variety of questions on you what you eat and how you exercise.
- ▶ This is not a test, it is just to see what you are doing daily.
- ▶ No one will see your answers other than you and your Teacher.
- ▶ Fill out the questionnaire as honestly as possible.

Follow US

- ▶ Throughout the week your Health and Wellbeing Teachers will be posting a variety of health and exercise activities that you can complete at home.



▶ WHECHWB



▶ WHEC_HWB