



Fun and engaging ideas to help learners develop healthy, safe and active habits for life!



SUGGESTED ACTIVITIES

PERSONAL IDENTITY & STRENGTHS

- "All About Me" activities
- Strengths posters
- Goal setting
- Positive affirmations
- Drawing and reflection tasks



EMOTIONAL WELLBEING

- Emotion check-ins
- Feelings journals
- Calm breathing activities
- Role play situations
- Discussing emotions through books and stories



RELATIONSHIPS

- Team games
- Friendship role plays
- Turn-taking activities
- Cooperative challenges
- Kindness activities



SAFETY

- Home safety discussions
- Online safety activities
- Emergency contact practice
- Safe/unsafe scenario sorting
- Identifying trusted adults



HEALTHY CHOICES

- Healthy lunchbox activities
- Food sorting
- Sleep routine discussions
- Hygiene sequencing activities
- Water intake tracking



ACTIVE LIFESTYLES

- Daily movement challenges
- Obstacle courses
- Dance and movement games
- Outdoor play
- Sports practice



MOVEMENT SKILL & PERFORMANCE

- Throwing and catching practice
- Jumping and balancing challenges
- Running races
- Ball games
- Relay activities
- Skipping and hopping activities



TEAMWORK & COOPERATION

- Group challenges
- Cooperative games
- Following rules and instructions
- Encouraging others
- Celebrating effort and achievement



SUGGESTED RESOURCES

HANDS-ON RESOURCES

- Balls and sports equipment
- Cones and obstacle course items
- Skipping ropes
- Balance beams/ chalk lines
- Emotion cards
- Safety posters



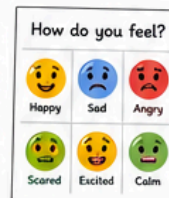
OUTDOOR LEARNING

- Parks and playgrounds
- Bike riding
- Swimming
- Nature walks
- Team games



BOOKS & VISUAL RESOURCES

- Social-emotional books
- Safety books
- Healthy eating posters
- Emotion charts
- Visual schedules



DIGITAL RESOURCES

- GoNoodle
- Cosmic Kids Yoga
- Kids health videos
- Movement and dance videos
- Online safety videos



EVIDENCE IDEAS



Photos / videos of activities



Sports participation



Movement challenges



Drawings and reflections



Emotion check-ins



Healthy eating activities



Safety discussions



Worksheets and projects



Role play activities



Team games and outdoor play



Learning through play, movement and meaningful experiences every day!

