



PiXL
Wellbeing

TODAY'S SESSION

An Introduction to...

- ● ● ● My Health
- ● ● ● My Wellbeing
- ● ● ● My Mind



Being Healthy means ...

Being healthy means taking care of your body. You are in good physical, social and mental wellbeing and free from diseases.



Let's hear about what some other young people think about wellbeing...



Why is being healthy important for...?



Physical Health



Your Life



Your Mind



A Closer look At PiXL Wellbeing



HEALTH

- The condition of your body
- Good physical health is when your body is functioning as it was designed to function
- **Factors such as being active, Nutrition, Behaviours & Rest can all affect your physical health**

LIFE




- You feel well connected and supported
- You take pride in yourself and environment
- You are learning, growing & achieving by taking on new challenges
- You look after your lifestyle and make healthy choices
- **Factors such as lifestyle choices, relationships, support network hobbies, confidence & habits can all affect your wellbeing**

MIND

- Focusing your mind and coping in different situations
- Overcoming obstacles and manage your feelings or emotions
- Looking ahead and setting goals
- **Factors such as exams, family troubles, support network stress or upset can all affect your mind-set**

Characteristics of Health & Wellbeing




THEMES	CHARACTERISTICS	
	Being Active	Recharge
	Nutrition	Behaviour
	Connections	Pride
	Personal Growth	Lifestyle
	Focus	Feelings
	Mind-set	Self-Management

We are focusing on Health for the first part of this course

HEALTH FOCUS

TASK: Mix & Match




THEMES	CHARACTERISTICS	
	<p style="text-align: center;">Being Active</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 	<p style="text-align: center;">Recharge</p> <ol style="list-style-type: none"> 1. Healthy Routine 2. 3. 4.
	<p style="text-align: center;">Nutrition</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 	<p style="text-align: center;">Behaviour</p> <ol style="list-style-type: none"> 1. 2. 3. 4.

Food habits	Health Risks	Sleep	Flexibility	Strength
Being Mindful	Staying Safe	Attitude	Fitness	Energy Levels
Smart Choices	Healthy Eating	Body Health	Rest & Recovery	Looking Ahead

HEALTH FOCUS

TASK: Mix & Match Activity



THEMES	CHARACTERISTICS	
	Being Active <ol style="list-style-type: none">1. Body Health2. Fitness3. Strength4. Flexibility	Recharge <ol style="list-style-type: none">1. Healthy Routine2. Sleep3. Rest & Recovery4. Being Mindful
	Nutrition <ol style="list-style-type: none">1. Healthy Eating2. Smart Choices3. Energy Levels4. Food habits	Behaviour <ol style="list-style-type: none">1. Health risks2. Attitude3. Staying Safe4. Looking Ahead



TASK: In pairs, write down all the things that YOU DO on a weekly basis which contribute to keeping you healthy

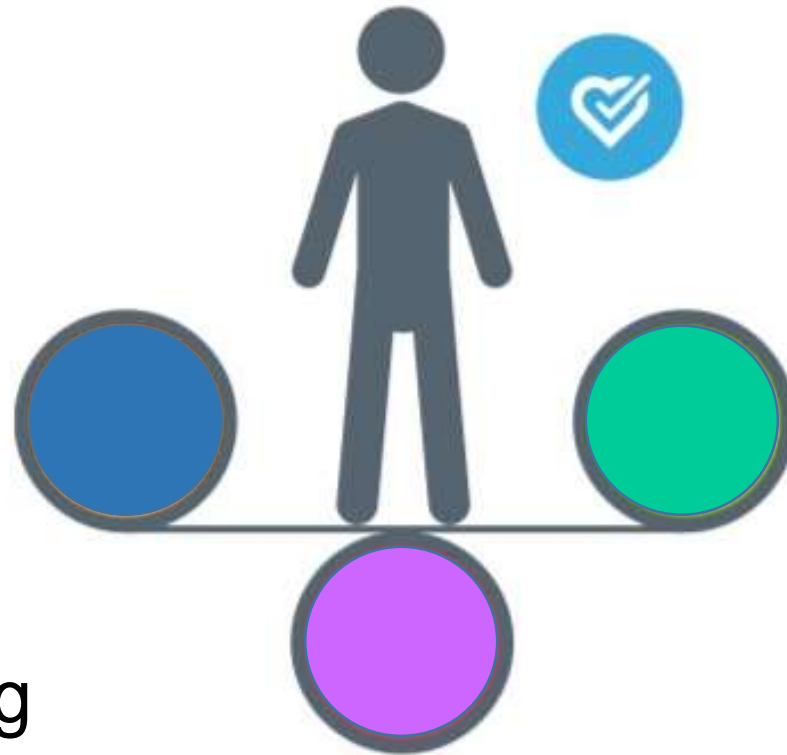
Sleep

Rest

Seeing friends

Having fun

Walking the dog



Fresh air

Eating fruit & Vegetables

Staying Positive

Drinking Water

How could you use the following 5 characteristics to help you improve your Health & Wellbeing?



Laura
Leadership

Olly
Organisation

Raj
Resilience

Izzy
Initiative

Charlie
Communication



Lead campaigns, events or activities in school or the local community. Be a role model & inspire others

Managing your time for a healthy lifestyle & planning your diary

Keep focused on task, be determined to overcome challenges.


Get involved & seek new opportunities

Seek support when needed, talk and listen to others

LORIC PRINCIPLES

Next Session - Self-Assessment – ‘My Health’



THEMES	CHARACTERISITCS	
	Being Active (Physical Wellbeing) Body Health Fitness Strength Flexibility	Recharge Healthy Routine Sleep Rest & Recovery Being Mindful
	Nutrition Healthy Eating Smart Choices Energy Levels Food habits	Behaviour Health risks Attitude Staying Safe Looking Ahead /

PiXL Wellbeing - [Health Self-Assessment](#)

Characteristics	Elements – I can statements	Self-Assessment Scale
Framework category: Being Active		1 = Strongly disagree 10 = Strongly agree
Body Health	a) I can define what health is b) I can demonstrate how to keep active on a weekly & daily basis c) I can measure key health indicators such as my Heart Rate & Basal Metabolic Rate (BMR) d) I can identify lifestyles factors which have a negative impact on my health	1 2 3 4 5 6 7 8 9 10 1 2 3 4 5 6 7 8 9 10 1 2 3 4 5 6 7 8 9 10 1 2 3 4 5 6 7 8 9 10
Fitness	a) I can explain how to improve fitness levels b) I can run a mile comfortably c) I carry out 60 minutes of physical activity every day d) I can access local physical activity sessions & know how and where they are	1 2 3 4 5 6 7 8 9 10 1 2 3 4 5 6 7 8 9 10 1 2 3 4 5 6 7 8 9 10 1 2 3 4 5 6 7 8 9 10

Where are you now?
What are your strengths?