

## I Feel Healthy...



### Aim

to examine what health means to young people

### Age

6 years and older

### Time

15 minutes

### Materials

Ball or other small object (option 1), set of health statements, photo pack

### Note to Leader

In option 1, depending on the size of your group you could do three rounds using each statement for one of the rounds. In option 2, highlight that all the statements could contribute to a broad definition of health.

## What to do

### Option 1

Stand or sit in a circle. The ball gets thrown from one person to another across the circle. The person who gets the ball has to complete one of the following statements:

- I feel healthy when...
- To stay healthy I need...
- I become unhealthy when...

They then throw the ball again. Keep playing until everyone has joined in. Take a note of the ideas generated by the game and see if the group can agree a common definition of health.

### Option 2

Break into small groups. Give each group a set of the health statements. Ask the groups to rank the statements from the one(s) they most agree with to the one(s) they least agree with. Allow 10 minutes for this. Get feedback from each group on their top two and bottom two statements. Ask if there was agreement. See if the group can come up with a common definition of health.

Alternatively, write the health statements on sheets of paper and stick them around the walls. Ask the participants to move to the statement that most reflects their understanding of health. Ask a selection of participants to justify their choices and see if any of the others will join them as a result. If some statements are left unchosen, ask the group why not. Again, see if the group can come up with a common definition of health.

### Option 3

Explain that you have a selection of photos focusing on health for young people around the world. Hold up the photos, one at a time, and brainstorm with the group on what comes to mind. Note down all the ideas and see if the group can come up with a common definition of health.

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## WARM UP Catch

Mark out a square, 12ft by 12ft approximately, using masking tape. Mark two lines from one end of the square to the other about 3 feet in from each side. Ask for two volunteers who stand in the two side areas as catchers. The other participants line up behind one another with their hands on the shoulders of the person in front as crossers. They have to move from one side of the square to the other without being caught. The catchers have to try and catch them without stepping out of their zone. If they are caught they join the catcher and help catch the others. Explain that whichever side ends up with the most people is the winner.

## HEALTH STATEMENTS I am healthy when...

■ I am not ill

■ I have enough money to buy the things I need

■ I feel that my opinions are valued

■ I live in a clean environment

■ I don't feel frustrated or stressed

■ I am loved by my family

■ I am respected in the community

■ I can play with my friends

■ I have my own space

■ I am protected from violence