



CHOOSE YOUR MISSION

CHOOSE A WAY YOU ARE GOING TO USE YOUR NEW UNDERSTANDING TO MAKE THE WORLD A BETTER PLACE.

Create Flashcards:
Teach younger students about healthy living.

Design Posters: Display colourful health posters around the school.

Record a short video
on the importance of a healthy lifestyle for viewers worldwide.

Write to a Local Newspaper: Suggest ways the community can adopt healthier habits.

Host a Healthy Habits Challenge: Encourage a Group of Adults to follow a healthy habit.

Write a Story: Teach younger children about healthy living through a story.

Get Featured in the News: Aim to get your project in the school newsletter or on TV.

Lead a Class Discussion: Discuss healthy habits with your class.

Give a Speech or Lecture: Inspire others to make healthier choices.

