



This week, you have a special job: help with health and well-being around the world, right from your classroom. **Pick a task you like** from Sustainable Development Goal 3: Good Health and Well-being. Spend your week trying to achieve as many from the list below as you can.



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| <p>List all the ways people can practice being healthy and explain ways to be healthy. Design a checklist and share with your community.</p> | <p>Design a poster that encourages people to eat healthy foods and display it where other people can see it.</p> |  | <p>Visit an elderly home or draw a picture and write a letter to an elderly person asking them to share their wisdom and tips for being healthy as you get older.</p> | <p>Start a buddy stop on the playground for lonely children who don't have any friends. Stay there each playtime so lonely children can find you.</p> |
| <p>Write a letter to a friend asking them how they are and checking-in to see if they need support for anything they may be facing.</p> | <p>3 GOOD HEALTH AND WELL-BEING</p>  | <p>Research John Fawcett Foundation. What are they doing to help others? Find organisations in your community that undertake similar work and promote them.</p> | <p>Sleep Diary: Start a class sleep diary to track their sleep patterns and understand the importance of adequate rest for overall health for everyone.</p> | <p>Research the impacts of the environment on your health and make one change about your home environment that can improve your family's health.</p> |
| <p>Research meditation and try to mediate for 5 minutes a day. Note how you feel before and after mediation. Teach someone else how to meditate.</p> | <p>Start a school skipping club where you invite children from all classes to participate in your activity!</p> | <p>Find a friend in a lower grade and let them know that if they ever need anything to come to you. You will be there buddy and confident.</p> | <p>Start a daily exercise routine, incorporating activities like stretching, yoga, or simple aerobic exercises, promoting physical fitness.</p> | <p>Find out what foods you can eat to strengthen and support your immune system and design a T-shirt to get the message out there.</p> |



"Alone We Can Change Today, But Together We Can Change Forever."

