

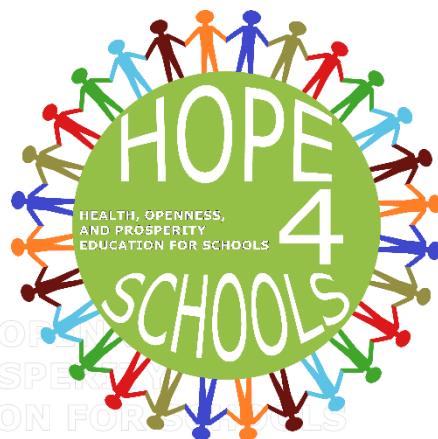


GREEK MINISTRY OF EDUCATION
AND RELIGIOUS AFFAIRS
REGIONAL DIRECTORATE OF PRIMARY
AND SECONDARY EDUCATION
OF WESTERN MACEDONIA



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BUILD A WELL-BEING POSTER



HEALTH, OPENNESS,
AND PROSPERITY
EDUCATION FOR SCHOOLS

HOPE4schools

Health, openness, and prosperity education for schools

2021-1-RO01-KA220-SCH-000024401



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BUILD A WELL-BEING POSTER (PROJECT/ TEAM WORK)

We're asking students to explore imaginative ways to spread well-being around the world, by designing a thoughtful poster — with the power to do good!

HOW WOULD YOU SPREAD WELL-BEING AROUND THE WORLD?

In groups of 2-4 students, imagine you are well-being superheroes. Using your positive powers for good design a poster showing what activities you would do:

- ☑ Connect;
- ☑ Be active;
- ☑ Take notice;
- ☑ Keep learning;
- ☑ Give to others.

HOW DO I/ WE DEVELOP THE PROJECT?

1. Read the descriptions of **Five ways to Well-being** .
2. Design a poster that shows what activities you would do to promote good health and well-being.
3. Try to reflect as many of the **Five ways to Well-being** as you can.
4. Make sure your project is your own original work and does not copy anyone else's work.
5. The poster can be digital or handmade (A3 or A2 drawing paper).
6. Make sure any text in your project is legible.
7. Pin your posters onto the classroom walls.



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FIVE WAYS TO WELL-BEING

1. **Connect** - with people you know: your friends, family, neighbours and people at school...
2. **Be Active** - find a physical activity that you enjoy, go for a walk, exercise...
3. **Take Notice** - take time to look at the day, the changing seasons: Savour the moment...
4. **Keep Learning** - try something new whether its making a new recipe, fixing the bike or even signing up for karate lessons...
5. **Give to others** - smile, do something nice for a friend or neighbour, make some time for others...



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