

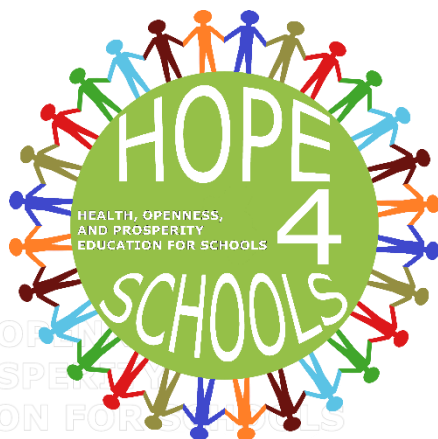


GREEK MINISTRY OF EDUCATION
AND RELIGIOUS AFFAIRS
REGIONAL DIRECTORATE OF PRIMARY
AND SECONDARY EDUCATION
OF WESTERN MACEDONIA



WWW.HOPE4SCHOOLS.EU

Physical Health – Digital tool



HEALTH, OPENNESS,
AND PROSPERITY
EDUCATION FOR SCHOOLS

HOPE4schools

Health, openness, and prosperity education for schools

2021-1-RO01-KA220-SCH-000024401



Co-funded by
the European Union

The European Union support for the production of this publication under the project HOPE4SCHOOLS 2021-1-RO01-KA220-SCH-000024401 does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



WWW.HOPE4SCHOOLS.EU

Physical Health – Digital tool

To develop this resource, Canva (easily accessible and available to everyone) was used as the main digital tool. This resource helps school staff, but also their pupils to become aware of the benefits of physical activity for their well-being. This is an activity for individual use both indoor and outdoor.

Step 1:

Make sure you are in a safe place (no traffic or noise), then try to move your head a little and your whole body slowly. Inhale deeply and breathe deeply.

Step 2:

Then sit down and close your eyes. Inhale deeply and breathe deeply. Keep it like this for at least 1 minute.

Step 3:

Keeping your eyes closed, imagine a tense situation in your life. Now open your eyes and start moving slowly around (once your hands, then your legs) and again inhale deeply and breathe deeply.

Step 4:

Using the Mind Map worksheet created in Canva as a main digital tool, start writing the benefits that physical activity has in the 'fight' against stressful situations. Start from the tense situation you thought about previously and continue with any tense context you want. Be aware of how much physical movement helps!

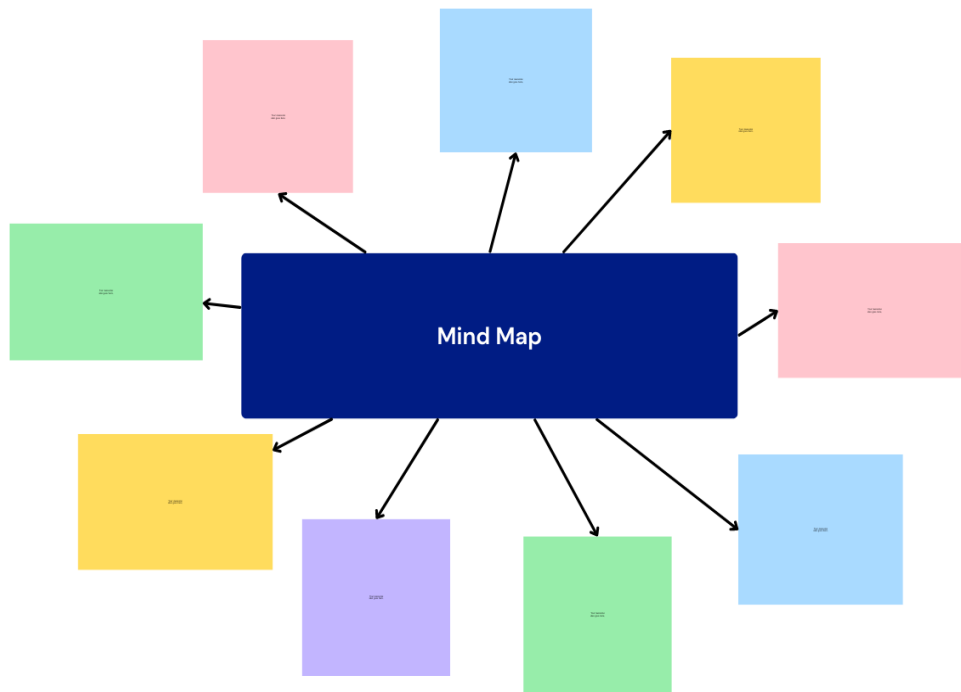


Co-funded by
the European Union

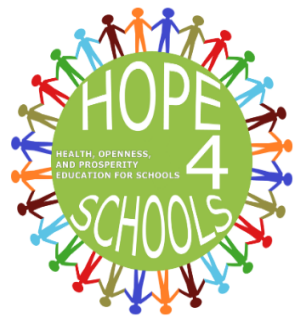
The European Union support for the production of this publication under the project HOPE4SCHOOLS 2021-1-RO01-KA220-SCH-000024401 does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



WWW.HOPE4SCHOOLS.EU



Co-funded by
the European Union



Co-funded by
the European Union

The European Union support for the production of this publication under the project HOPE4SCHOOLS 2021-1-RO01-KA220-SCH-000024401 does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.