**Lesson 20**

**LESSON PLAN**

**MY HEALTH MAP**

**Course Content**

1. **Teacher’s Lecture**

Today, we are concluding our series of health lessons. Try to answer the following questions:

* Were the lessons interesting?
* What did you particularly like?
* Did the knowledge gained and the numerous exercises and tasks you performed bring any concrete changes to your life?

Now, instead of my theoretical introduction, we will jump straight into action. Your task involves creating a graphic/artistic work. Prepare a piece of paper (preferably larger than A4, if you have it) and any art supplies you like. You can also create your work using a computer program if you prefer.

Use the knowledge from the entire course and create your own health map. Include the principles you may have learned from our lessons and intend to follow regarding diet and lifestyle. Remember, it doesn’t have to be perfect to be healthy. Think about the habits you already have and mark those on your map as well.

Suggestion! I encourage you to do this kind of task while listening to your favorite, preferably calm, music. Have you ever listened to music designed for studying and working? Perhaps such melodies will help you with the task. If you want, search the internet or the music program you use for work/study music - you might like it. Check it out yourself!

**Discussion**

Teacher: Thank you for creating your maps. Now, please describe your work in a few sentences. Student describes their completed maps.

1. **Finally, I would like you to look at the infographic.**

This is a quick summary that highlights what we have discussed during our health lessons and what every student who treats their body with respect and cares for both physical health and well-being (mood) - that is, mental health - should remember.

Here are the slogans that characterize a conscious and healthy student:

* I take care of getting enough sleep.
* I stay active during the day - I take the stairs, go for walks.
* I engage in my favorite sport - anything that brings me joy.
* I care about the quality of my food - I try to remember that the basis of my diet is vegetables and fruits.
* I don’t categorize food into allowed and forbidden - I just keep the right proportions.
* I don’t set overly high expectations for myself - I always give as much as I can at the moment.
* I maintain good relationships - I seek support from others and also support those close to me whenever possible.
* I ensure that screen time is not too long.
* I speak openly about my feelings and express my emotions with respect for others.
* I remember that the world is friendly to me and that the kindness I show to others will be appreciated.

These slogans form a code worth printing out and hanging in a visible place at home!

Thank you for participating in the health lessons. I wish you success in implementing healthy eating habits and plenty of enjoyable physical activity every day!