

World Health Day – Awareness, Well-being & Healthy Habits



Objective:

To help students understand the importance of physical and mental well-being through awareness of World Health Day, while building research, reflection, and healthy lifestyle habits using Britannica Library.

Students will:

- Learn the significance of World Health Day and its global importance
- Understand basic concepts of physical, mental, and social well-being
- Identify healthy habits for everyday life
- Develop reading, research, and reflection skills
- Use Britannica Library as a reliable source for health-related learning

Skills & Values:

Core Values

- Healthy Living
- Self-Improvement
- Responsibility
- Consistency

Key Skills

- Information Gathering
- Classification
- Reflection
- Decision-Making

Introduce the Weekly Theme / Genre:

Begin with a discussion:

- What does it mean to be “healthy”?
- What are some healthy habits you follow every day?
- Why do you think health is important?

Explain that World Health Day is celebrated every year on 7 April to spread awareness about health and well-being across the world.

Suggested Activities by Grade Band

Grades III – V

- Students begin by exploring topics such as healthy eating, exercise, and cleanliness & hygiene using Britannica Library.
- Facilitate discussion using prompts:
 - What does it mean to be healthy?
 - What are some good habits for staying healthy?
 - Why are cleanliness and hygiene important?

Students will:

- List three healthy habits they already follow
- Identify two habits they want to improve
- One question they have.

Encourage them to write simple statements such as:

- “I eat fruits daily.”
- “I will reduce junk food.”



Name:

Date:

3-2-1 Reflection

Instructions: Reflect on your learnings, and answer the questions.

Three healthy habits you follow

3

Two Habits you want to improve

2

One question I have:

1