

# Weekly Task

## April Week 2



# 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

- Balance
- Self-Discipline
- Accountability
- Awareness

### Key Skills

- Analytical Thinking
- Research
- Organization
- Problem-Solving

## 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 VI – VIII

- Students begin by researching key topics using Britannica Library:
  - What is good health? (physical, mental, and emotional well-being)
  - Effects of unhealthy habits (junk food, lack of sleep, no exercise)
  - Importance of a balanced lifestyle (healthy diet, proper sleep, regular exercise)
- Facilitate a guided discussion using prompts:
  - What does being healthy mean to you?
  - What happens when we follow unhealthy habits?
  - Why is it important to balance diet, sleep, and exercise?
- Encourage students to connect daily actions with their impact on health.
- Students will create a daily routine chart that reflects a healthy lifestyle.
- The chart should include:
  - Timings for daily activities (waking up, meals, study, play, sleep)
  - Inclusion of healthy habits such as balanced meals, physical activity, and proper rest
- Students will also highlight cause–effect relationships, such as:
  - Lack of sleep → tiredness and poor focus
  - Eating junk food → low energy or health issues
  - Regular exercise → better fitness and mood



Name:

Date:

# Visual Timeline

Image: Time Event:	Image: Time Event:	Image: Time Event:
Image: Time Event:	Image: Time Event:	Image: Time Event:
Image: Time: Event:	Image: Time: Event:	Image: Time: Event:

Name:

Date:



## Cause and Effect

Cause



Effect