

Weekly Task

April Week 2



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EDUCATION

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

- Personal Hygiene
- Responsibility
- Discipline
- Well-being Awareness

Key Skills

- Observation
- Self-Awareness
- Expression
- Listening

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 I & II

- Students begin by exploring simple, illustrated content on healthy habits (such as brushing teeth, eating fruits, exercising) using Britannica Library.
- Facilitate a brief discussion by asking:
 - What healthy habits do you already follow?
 - Why is it important to stay healthy?
- Which new habit would you like to start?
- Students will express their understanding through drawing:
 - One healthy habit they already follow
 - One new healthy habit they want to start
- Encourage students to add simple labels or sentences such as:
 - "I brush my teeth daily."
 - "I will exercise every day."



Name:

Date:



Draw It, Write It

My New Word

Draw It!

Write It!