



Healthy & Learning Lifestyle

*Healthy Lifestyle Challenge:
Creating a Holistic Wellness
Program*



Co-funded by the
Erasmus+ Programme
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Healthy Lifestyle Challenge: Creating a Holistic Wellness Program

SHORT DESCRIPTION

This multidisciplinary assignment engages secondary school pupils aged 15-17 in designing a holistic wellness program that promotes healthy lifestyle choices. Pupils and teachers collaborate across different subjects to develop comprehensive initiatives addressing physical, mental, and emotional well-being.

PUPIL TARGET

Secondary school pupils aged 15-17.

REQUIERED KNOWLEDGE, SKILLS AND COMPETENCES

Basic understanding of health concepts, research skills, critical thinking skills, communication skills, and the ability to work collaboratively in a team.

**GROUP SIZE AND
WAY OF
EXECUTION**

Small groups (4-6 pupils) paired with a teacher mentor. The assignment is executed through research, group discussions, and collaborative project development.

TIMEFRAME

6-8 weeks.



FULL DESCRIPTION OF THE ASSIGNMENT

This assignment comprises the following tasks:

a) Task 1 - Research on Holistic Wellness

Pupils conduct research on different aspects of holistic wellness, including physical, mental, and emotional well-being. They explore topics such as nutrition, exercise, stress management, mindfulness, and self-care practices.

b) Task 2 - Group Discussions and Needs Assessment

Pupils, together with their teacher mentors, engage in group discussions to identify the specific needs and challenges related to holistic wellness in their school or community. They conduct surveys or interviews to gather information from peers, teachers, and other stakeholders.

c) Task 3 - Program Design and Planning

Pupils work in their groups to design a comprehensive wellness program that addresses the identified needs and challenges. They develop initiatives, activities, and strategies for promoting physical, mental, and emotional well-being among their peers.

d) Task 4 - Implementation and Evaluation

Pupils, with guidance from their teacher mentors, implement the wellness program in their school or community. They organize workshops, events, or campaigns to promote healthy lifestyle choices and collect feedback to evaluate the effectiveness of their initiatives.

e) Task 5 - Reflection and Future Recommendations

Pupils reflect on their experience and assess the impact of their wellness program. They identify successes, challenges, and areas for improvement, providing recommendations for sustaining and expanding the initiatives in the future.

MATERIALS NEEDED

Research materials, computers or devices with internet access, presentation materials, survey or interview tools, resources for program implementation (e.g., venue, equipment, promotional materials).

LEARNING GOALS

- Develop research and critical thinking skills related to holistic wellness.
- Enhance communication and teamwork skills through group discussions and project planning.
- Foster leadership and initiative-taking by designing and implementing a comprehensive wellness program.
- Cultivate reflection and evaluation skills to assess the effectiveness of their initiatives.

SCHOOL SUBJECTS COVERED

Health Education, Physical Education, Psychology, Sociology.

HASHTAGS

#HolisticWellnessChallenge #HealthyLifestyleProgram #WellBeingMatters





FOLLOW-UP ASSIGNMENT

International Wellness Symposium: Sharing our Holistic Approaches

DESCRIPTION OF THE ONLINE ASSIGNMENT

In this online symposium, secondary school pupils aged 15-17 from different countries come together to share their holistic wellness programs and exchange ideas. Participants present their initiatives, discuss challenges and successes, and collaborate on future plans for promoting well-being in their schools and communities.

ORGANISATION AND WAY OF EXECUTION

Pupils will join an online meeting platform where they will be divided into small groups comprising individuals from different countries. Each group will present their wellness program, including key initiatives and outcomes. They will engage in cross-cultural discussions, share ideas, and provide feedback and suggestions for further improvement and collaboration.

LEARNING GOALS

- Foster cross-cultural understanding and collaboration among pupils from different countries.
- Encourage sharing of best practices and innovative approaches in promoting holistic wellness.
- Inspire participants to implement new ideas and initiatives based on the experiences of others.
- Cultivate a sense of global citizenship and responsibility towards promoting well-being on a broader scale.





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Learning
Hub
Friesland

Geseme
Medical experts.
Safety specialists.

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