

KIDS WORLD SCHOOL
SESSION 2024-2025
MONTH - SEPTEMBER
HEALTH AND WELLNESS CLUB
CLASS – III

DATE	PLANNING		
	MODULE	METHODOLOGY	LEARNING OUTCOMES
04/09/2024	MODULE 1 – <u>Growing up healthy</u> <ul style="list-style-type: none"> • I am changing 	Explanation by video	<ul style="list-style-type: none"> • To promote healthy behavior among the children that they will inculcate for life • Describe the changes that occur during adolescence
11/09/2024	<ul style="list-style-type: none"> • Physical changes during adolescence 	Explanation by video	<ul style="list-style-type: none"> • Recognize that changes during adolescence can occur at a different pace and timing in different individuals • Develops a positive acceptance of self
12/09/2024	MODULE 2 - <u>Emotional well being and mental health</u> <ul style="list-style-type: none"> • Knowing my emotions 	Explanation by video	<ul style="list-style-type: none"> • Demonstrate the ability to identify various emotions in different

			situations
18/09/2024	<ul style="list-style-type: none"> • Managing challenging emotions 	Explanation by video	<ul style="list-style-type: none"> • Express how emotions are expressed in healthy and unhealthy ways • Identify and describe weaknesses and strengths in self
19/09/2024	<p>MODULE 4 – <u>Values and responsible citizenship</u></p> <ul style="list-style-type: none"> • Real life values dilemmas 	Explanation by video	<ul style="list-style-type: none"> • Recognize how values influence decision making
25/09/2024	<ul style="list-style-type: none"> • Active citizenship 	Explanation by video	<ul style="list-style-type: none"> • Analyze own behavior in the light of constitutional values
26/09/2024	<p>MODULE 6 – <u>Nutrition, health and sanitation</u></p> <ul style="list-style-type: none"> • Nutritional, needs of children 	Explanation by video	<ul style="list-style-type: none"> • Explain the concept of a balanced diet • Identify locally available sources of the different food groups