

**KIDS WORLD SCHOOL**  
**SESSION 2025-2026**  
**HEALTH AND WELLNESS CLUB**  
**CLASS – IX**

<b>Day</b>	<b>Module</b>	<b>Topic</b>	<b>Methodology</b>	<b>Activity / Video</b>	<b>Learning Outcomes</b>
<b>Day 1</b>	<b>Module 1:</b> Interpersonal Relationships	Empathy & Respect	Video and Discussion	Video-based learning with discussion	To understand basic friendship skills and the value of kind behavior.
<b>Day 2</b>	<b>Module 2:</b> Promotion of Healthy Lifestyle	Daily Exercise and Healthy Habits	Video and Class Talk	Video-based learning with discussion	To understand the importance of being physically active.
<b>Day 3</b>	<b>Module 3:</b> Safe Use of Internet	Cyberbullying Awareness	Video and Class Q&A	Video-based learning with discussion	To learn to avoid sharing personal info and identify safe sites.
<b>Day 4</b>	Activity	Responsibility and Safety	Hands-on Activity	Friendship Band Making + Poster on Internet Safety	To apply learning by creating outputs that reflect understanding.