

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

Day	Module	Topic	Methodology	Learning Outcomes
Day 1	Module 1: Growing Up Healthy	Personal Hygiene	Video-based learning with discussion	To identify hygiene habits and understand their role in staying healthy.
Day 2	Module 2: Emotional Well-being and Mental Health	Understanding Feelings	Video-based learning with discussion	To recognize common emotions (happy, sad, angry) and ways to express them safely.
Day 3	Module 3: Nutrition, Health, and Sanitation	Healthy Eating	Video-based learning with discussion	To differentiate healthy and unhealthy food and understand the value of a balanced diet.
Day 4	Activity	Hygiene + Feelings + Nutrition	Hands-on group activity- Show & Tell Hygiene Kit (item like a comb, toothbrush, handkerchief, etc.) + Emoji Role Play + Make a Healthy Plate collage (cut and paste)	To demonstrate hygiene practices, express emotions, and choose nutritious food through active participation.