

KIDS WORLD SCHOOL, NAGPUR
SESSION – 2026-27
CLASS – III
HEALTH AND WELLNESS CLUB

Sr. No.	Topic	Activity	Teaching Pedagogy	Curricular Goals	Competency	Expected Learning Outcome
01	Module 1: Growing Up Healthy	Hygiene Detective – Identify good and bad hygiene practices from pictures.	Discussion, Storytelling, Picture Observation, Group Activity	Understand healthy growth and personal care habits.	Identifies healthy habits and practices self-care.	Learner will be able to explain the importance of hygiene, exercise, and healthy routines.
02	Module 2: Emotional Well-being and Mental Health	Compliment Circle – Each child says one positive thing about a classmate.	Role Play, Sharing Experiences, Reflection Activity, Discussion	Develop emotional awareness and positive relationships.	Recognizes emotions and expresses feelings appropriately.	Learner will be able to demonstrate empathy, self-awareness, and healthy coping skills.
03	Module 3: Nutrition, Health, and Sanitation	Healthy vs Junk Food Sorting Game – Sort food pictures into two baskets.	Food Chart Activity, Demonstration, Educational Videos, Cleanliness Activity	Promote healthy eating and sanitation practices.	Selects nutritious foods and follows sanitation habits.	Learner will be able to understand balanced diets and maintain cleanliness in daily life.
04	Module 8: Promotion of Healthy Lifestyle	Healthy Habit Pledge Tree – Students write one healthy habit on a leaf and stick it on a classroom tree.	Group Discussion, Physical Exercise, Poster Making, Pledge Activity	Encourage healthy lifestyle choices and active living.	Applies healthy practices in everyday life.	Learner will be able to adopt habits that support physical, mental, and social well-being.