

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

Sr.No.	Topic	Activity	Teaching Pedagogy	Curricular Goals	Competency	Expected Learning Outcome
01	Module 1: Growing Up Healthy	Personal Hygiene Kit Exploration- Students identify items like soap, toothbrush, comb, nail cutter, and explain their uses.	Demonstration, Observation, Hands-on Learning, Discussion	Develop awareness about healthy growth and personal well-being.	Demonstrates healthy habits and makes informed choices for self-care.	Learner will be able to identify and follow practices that support healthy physical growth and development.
02	Module 2: Emotional Well-being and Mental Health	Emotion Wheel Activity – Students identify different emotions and discuss situations in which they experience them.	Self-Reflection, Group Discussion, Sharing Circle, Interactive Learning	Develop emotional awareness and positive relationships.	Recognizes, expresses, and manages emotions appropriately.	Learner will be able to understand emotions, develop empathy, and build positive relationships.
03	Module 3: Nutrition, Health, and Sanitation	Design a Healthy Lunch Plate – Students create a balanced meal using pictures or drawings of food items.	Activity-Based Learning, Creative Learning, Demonstration, Collaborative Learning	Promote healthy eating habits and hygiene practices.	Chooses nutritious foods and follows proper sanitation habits.	Learner will be able to differentiate between healthy and unhealthy food choices and maintain personal hygiene.
04	Module 8: Promotion of Healthy Lifestyle	Healthy Lifestyle Poster Competition – Students create posters promoting exercise, healthy eating, and cleanliness.	Creative Learning, Project-Based Learning, Discussion, Presentation	Encourage healthy lifestyle choices and responsible behaviour.	Applies healthy habits in daily life and motivates others to do the same.	Learner will be able to adopt and promote habits that contribute to physical, mental, and social well-being.