

SKIDS WORLD SCHOOL, NAGPUR

SESSION – 2026-27

CLASS – V

HEALTH AND WELLNESS CLUB

Sr.No.	Topic	Activity	Teaching Pedagogy	Curricular Goals	Competency	Expected Learning Outcome
01	Module 1: Growing Up Healthy	Healthy Habit Chain – Each student shares one healthy habit and the next student repeat the previous habit and adds a new one.	Interactive Discussion, Collaborative Learning, Peer Learning	Develop awareness about physical growth and healthy lifestyle practices.	Demonstrates responsibility towards personal health and well-being.	Learner will be able to explain factors that contribute to healthy growth and adopt healthy habits.
02	Module 2: Emotional Well-being and Mental Health	One Good Thing About Me – Each student shares one positive quality about themselves.	Self-Reflection, Sharing Circle, Guided Discussion	Promote emotional intelligence and positive interpersonal relationships.	Identifies emotions and uses healthy strategies to manage them.	Learner will be able to express emotions appropriately and build healthy relationships with peers.
03	Module 3: Nutrition, Health, and Sanitation	Guess the Food – Students identify healthy foods from clues or pictures.	Picture-Based Learning, Questioning, Interactive Learning	Encourage healthy eating habits and sanitation practices.	Selects nutritious food choices and practices good hygiene.	Learner will be able to design a balanced diet and explain the importance of sanitation for health.
04	Module 8: Promotion of Healthy Lifestyle	Move and Share – Students walk around and share one healthy lifestyle tip with a partner.	Pair Work, Experiential Learning, Discussion	Encourage lifelong healthy habits and community awareness.	Applies and promotes healthy lifestyle practices.	Learner will be able to make informed choices that support physical, mental, and social well-being.