

Module 6 – Healthy Lifestyle

Partner name: FAPEL / Charles KRIM
Date: 20/03/2023



Partners

1. BLUE ROOM INNOVATION – SPAIN
2. IDEC – GREECE
3. FEDERATION DES ASSOCIATION DE PARENTS D'ELEVES DU LUXEMBOURG
4. UNIVERSITE DE LIEGE – BELGIUM
5. PRIMARY SCHOOL OF VAREIA – GREECE
6. Instituto Agrario Bell-lloc del Pla SA – SPAIN
7. Scuola Europea di Varese – ITALY





EXERCICE

Healthy Lifestyle



Healthy lifestyle for a greener planet

6. Healthy Lifestyle / 1. EXERCICE

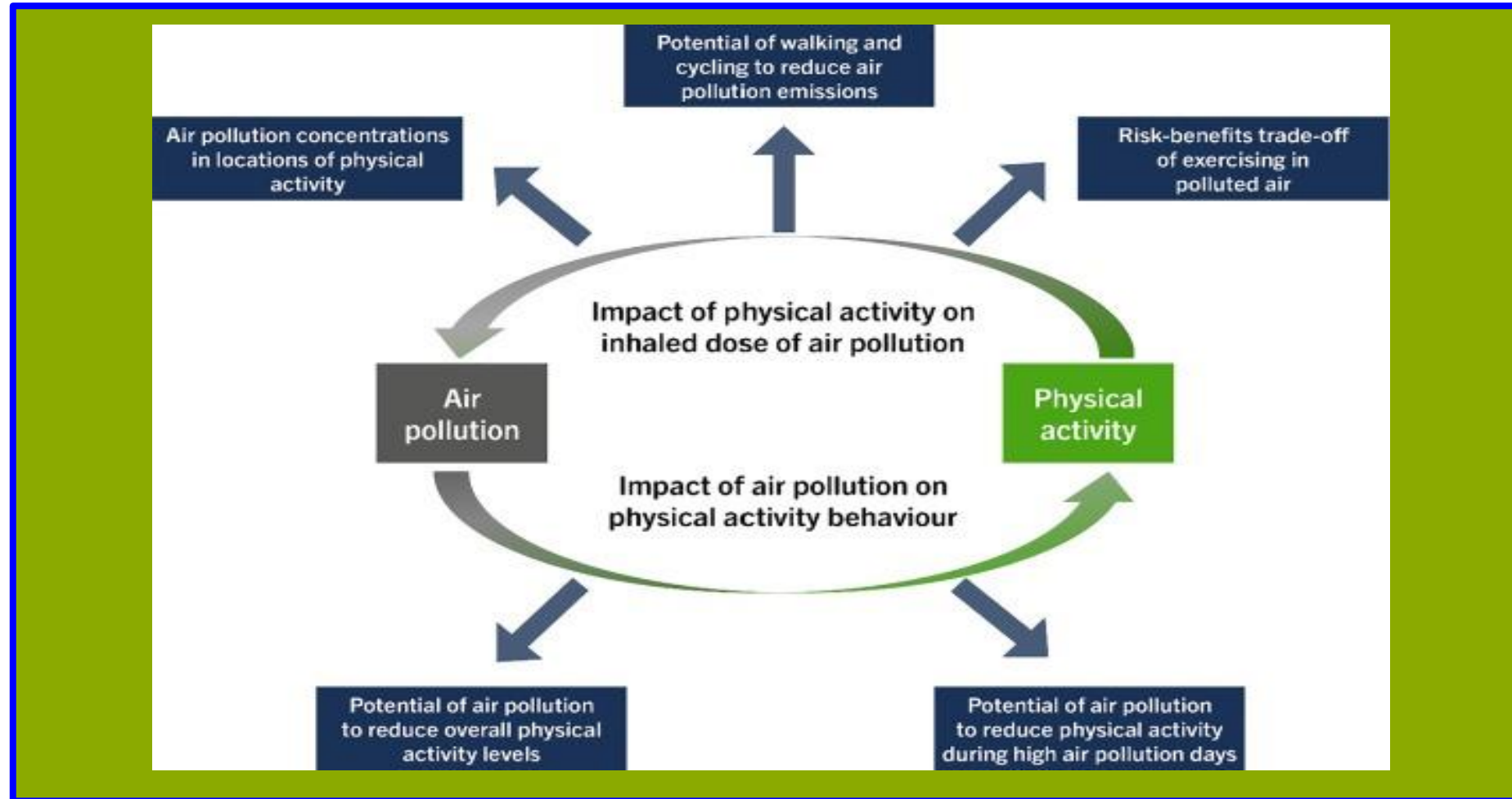
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2. BUILD A HEALTHY MIND & MOOD / Healthy Lifestyle
3. OUTDOOR ACTIVITIES / Healthy Lifestyle
4. LINK BETWEEN POLLUTION & DISEASES / Healthy Lifestyle
5. MANAGE STRESS / Healthy Lifestyle
6. GREEN ACTIVITY PLANNING / Healthy Lifestyle



Our mission is not only to leave a planet as we received it but to inherit a much better earth



Health / Air Pollution / Physical Activity



PHISICALLY FIT Healthy Lifestyle



Recommendation,

Being fit is a healthy way of dealing with green topics.

Schools & teachers would have everything to gain by installing:

Outdoor sports sessions, so that the children are used to being outside and do not mind the weather conditions

To teach children the simple pleasures of being in the wide open!

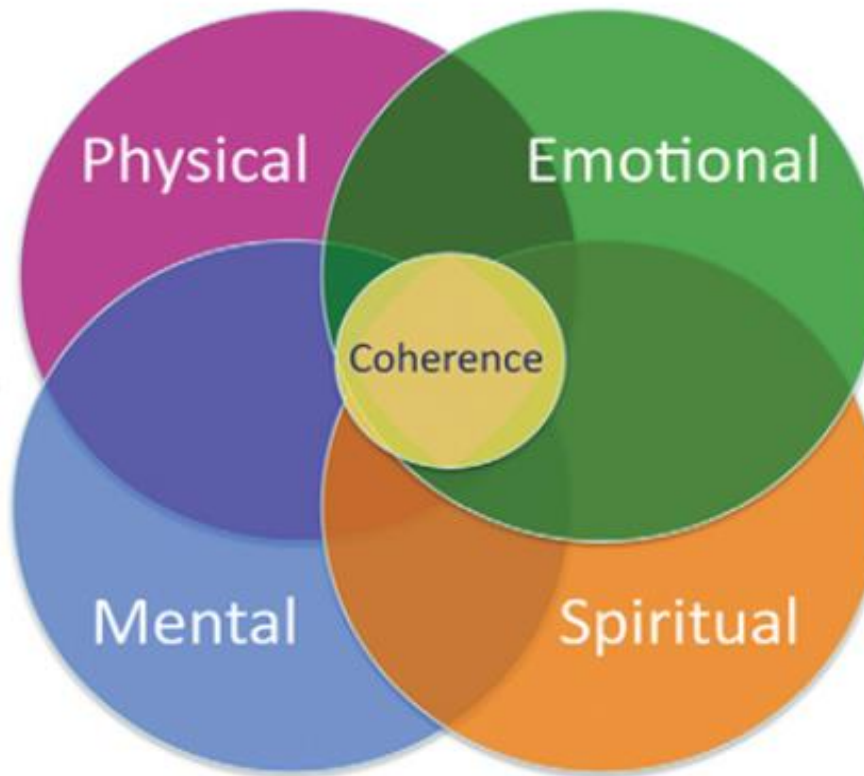
To reinforce the immunity of the children by letting them confront certain climatic conditions that we would qualify as harsh!



PHISICALLY FIT

Healthy Lifestyle

Domains of Resilience



GREENER GREEN!

fit children will have a better resilience to strain and a better concentration in classroom.

Physically fit would enhance commitment to values.

Increase ability to remain focus.

Provide positive attitude.





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EXERCICE / Healthy Lifestyle



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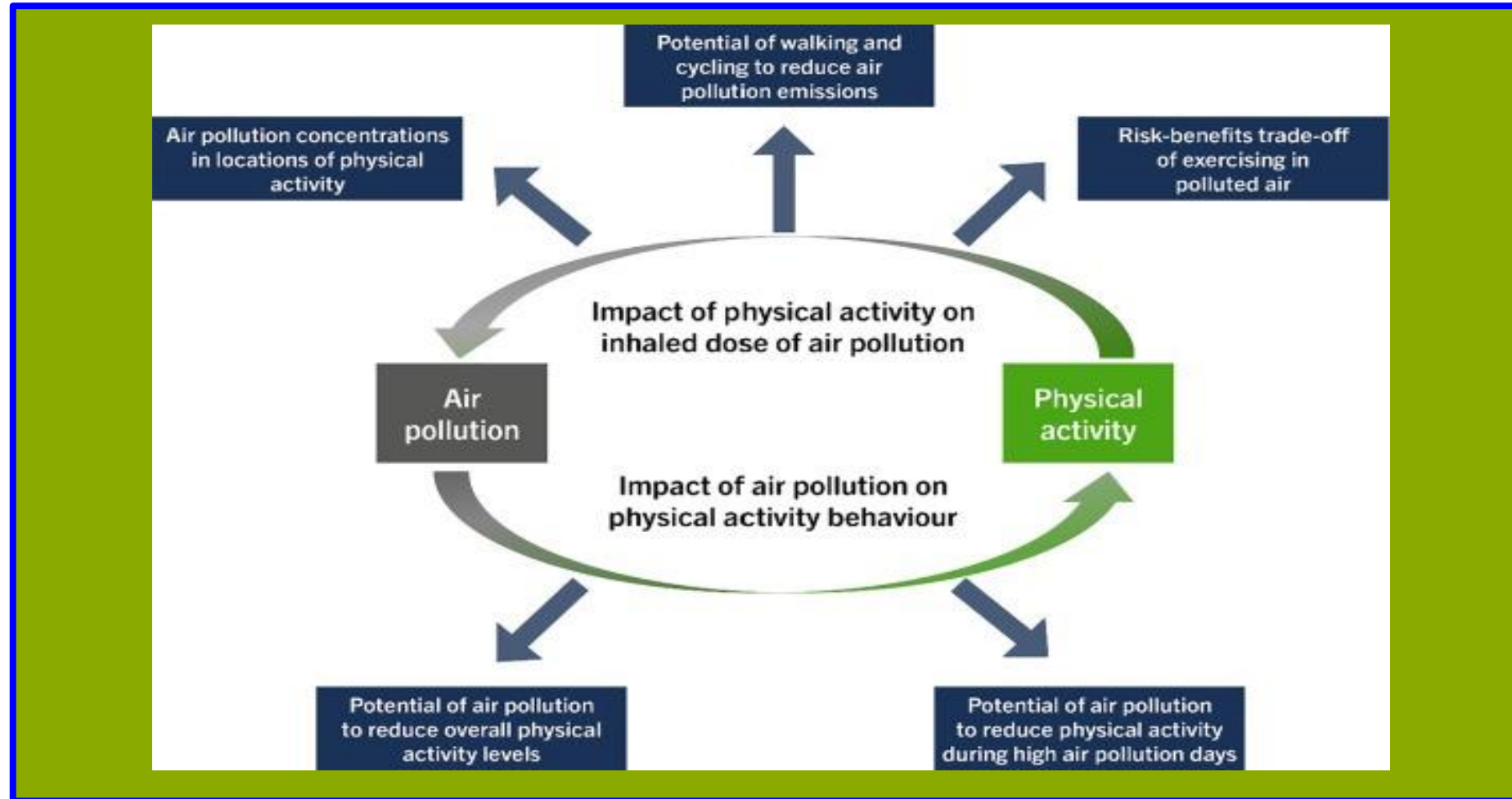
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Health / Air Pollution / Physical Activity



BUILD A HEALTHY MIND & MOOD

Healthy Lifestyle



Recommendation,

Allow free time outside, in order to, give the children opportunities to learn more about mother nature and to be in direct relation with wild beings!

Leave children to express their energy, in order to, free themselves from certain frustrations and childish aggressiveness!

Leave freedom to pupils to approach harmless animals, insects and reptiles.

Quote,
A child who grows up on a farm is rarely allergic to dust!



BUILD A HEALTHY MIND & MOOD

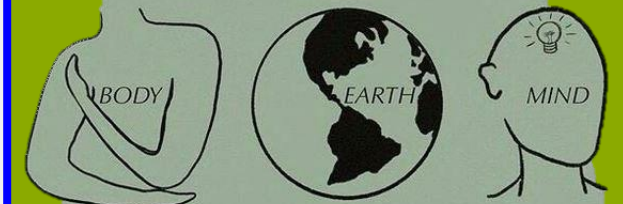
Healthy Lifestyle



GREENER GREEN,

time for social activities with
restricted access to digital
media/means.

YOUR 3 HOMES



•TAKE PROPER CARE OF THEM•





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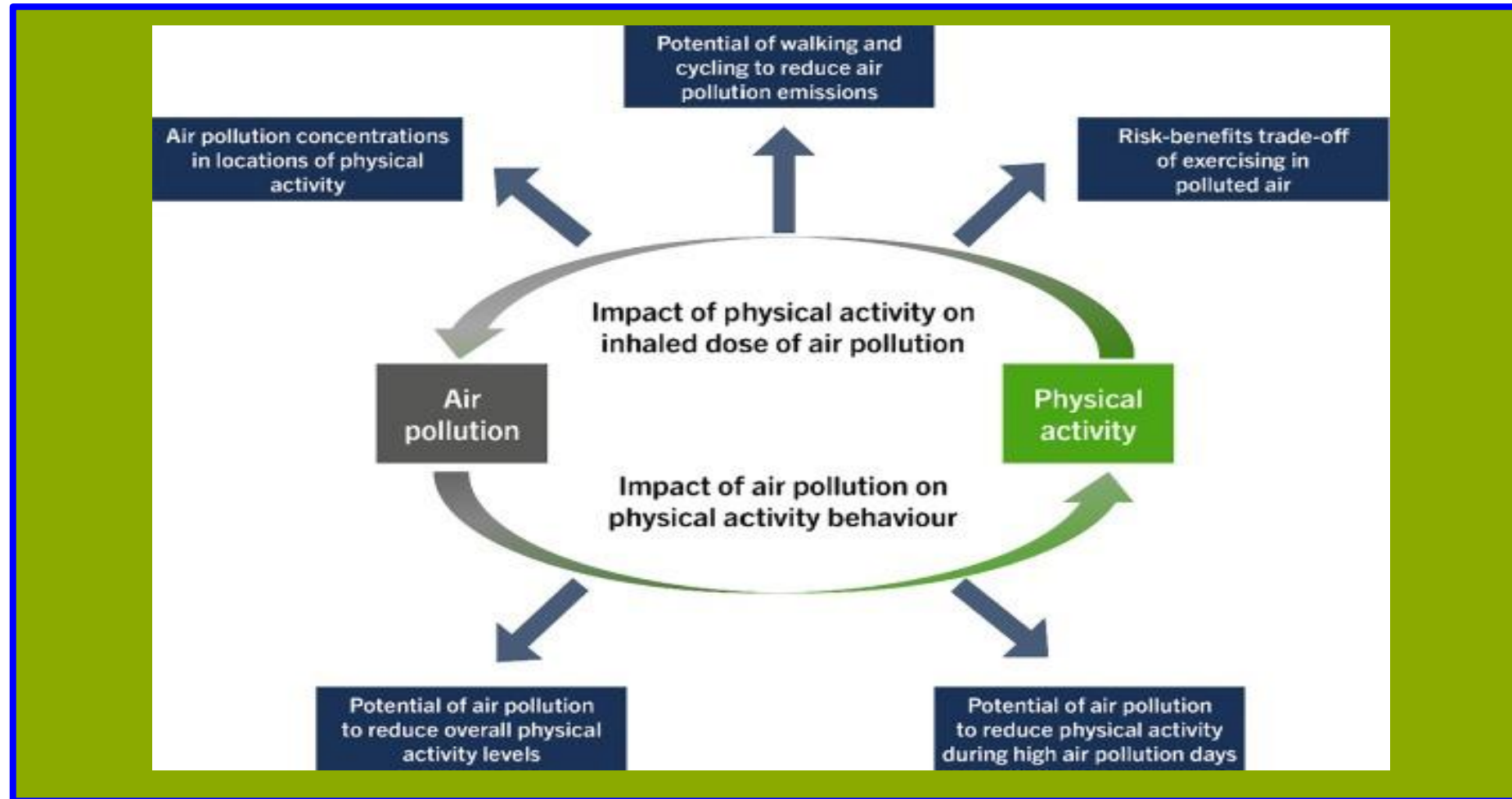
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Health / Air Pollution / Physical Activity



OUTDOOR ACTIVITIES

Healthy Lifestyle



Recommendation,

Nowadays, schools have beautiful playground facilities for children, and we adults who have not known these facilities for our games are a little jealous ;-)

But, what is the ecological cost of these facilities and wouldn't it be better for the schools to:

- Leave a part of the area natural

- Let the children feel under their feet a less plain and less regular ground

- Let themselves be amazed by a little unexpected encounter with a squirrel, a rabbit, ...



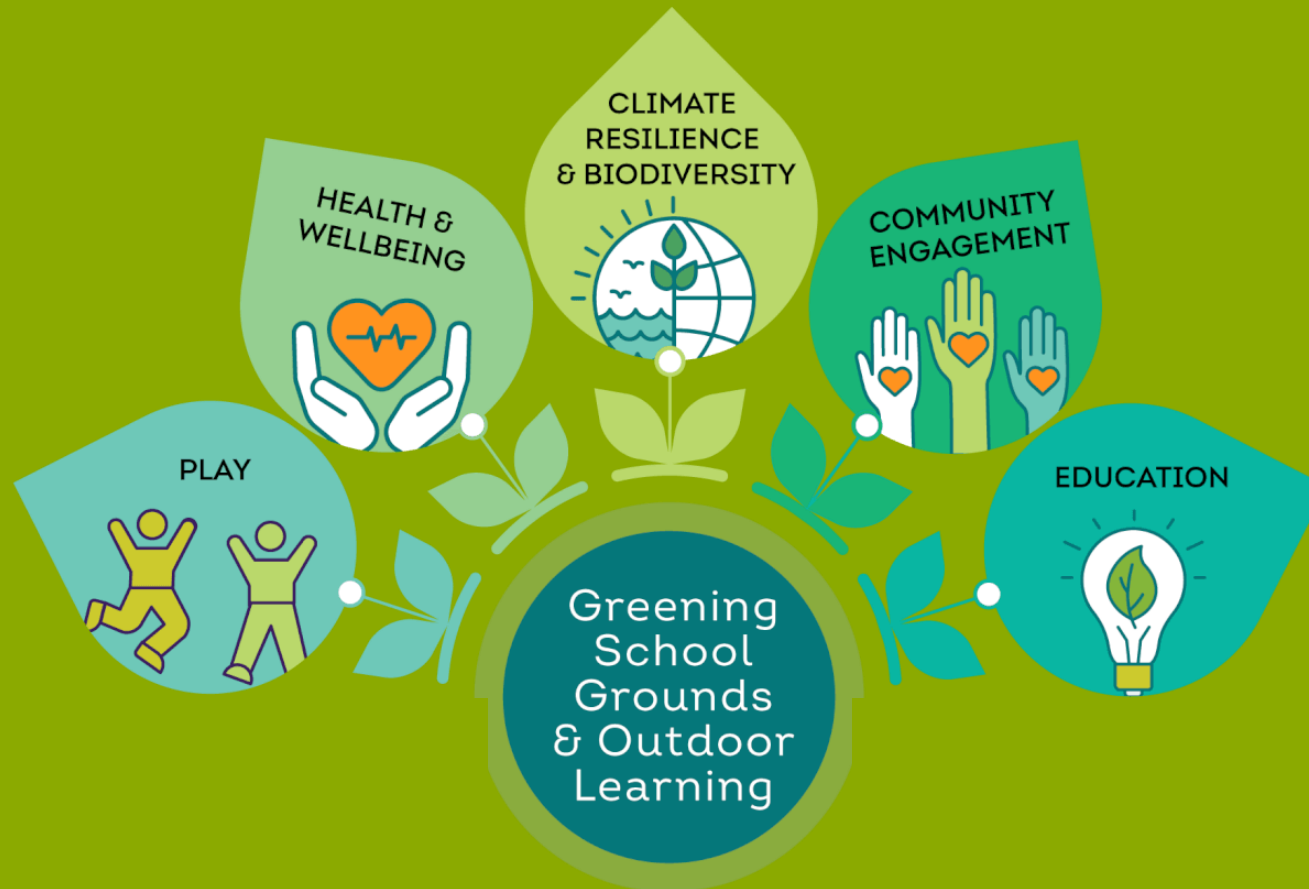
OUTDOOR ACTIVITIES

Healthy Lifestyle

GREENER GREEN,

Non-Formal education is to be promoted by GREENER GREEN.

Green education ought to be part of the school curriculum.



Next steps for Greening School,

The Global Action Agenda lists concrete action items around advocacy and participation, inclusive engagement, funding and policy. The actions also align with many global focus areas, including the United Nations Sustainable Development Goals, the Global Biodiversity Framework, the United Nations Decade on Ecosystem Restoration, and the Transforming Education agenda.

Source & Link

[Next steps for Greening School](#)





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LIÈGE université
Climatologie & Topoclimatologie





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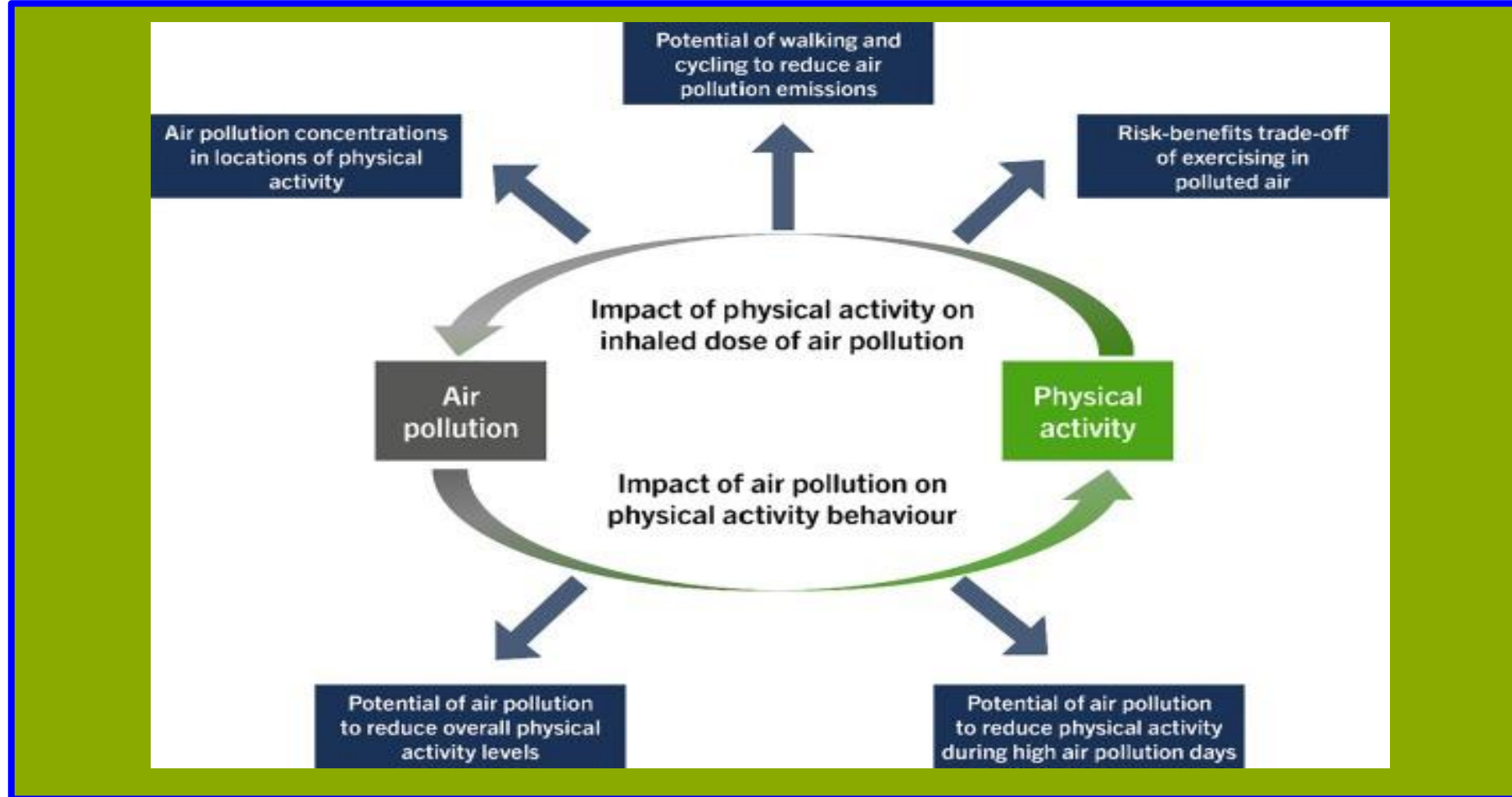
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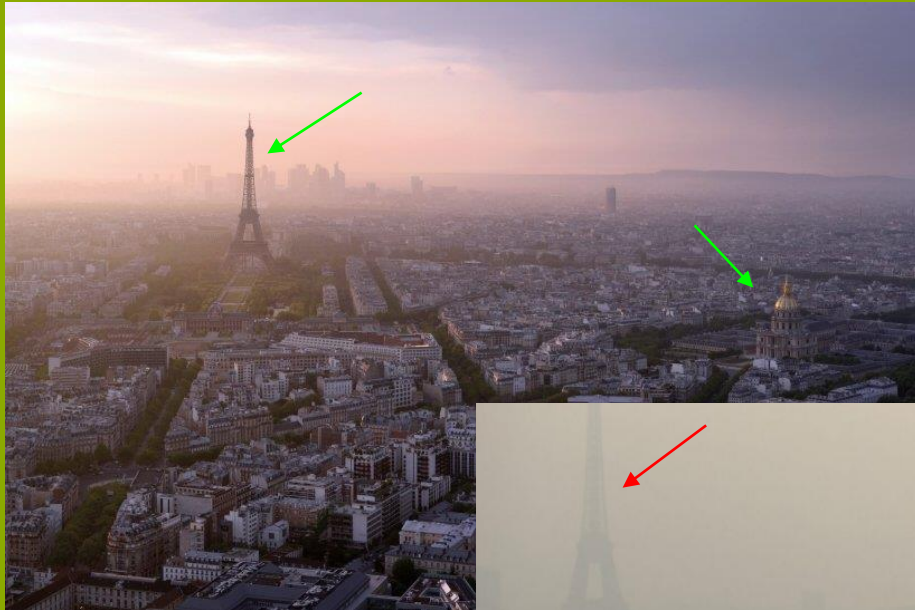


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LINK BETWEEN POLLUTION & DISEASES

Healthy Lifestyle



Pollution free

Air Pollution



Recommendation

Children have this faculty to understand nature and their environment because they live the changes, something that we adults have lost this finesse of perception.

On the other hand, the scientific effects of certain effects due to human intervention children have difficulty interpreting and decoding them.

This is why teachers must take the time to explain to them the effects of industrialization on the climate and the atmosphere.

During an outdoor activity, teachers should teach children how to detect air pollution

Teachers should explain the ins and outs of pollution

Children should learn how to protect themselves from air pollution

e.g. do not practice intensive sports & avoid industrial activity times for exertion

in short, children should understand when and why it is better to be indoors or outdoors and enjoy it.

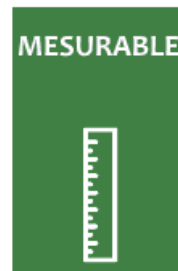


LINK BETWEEN POLLUTION & DISEASES

Healthy Lifestyle



S M A R T



GREENER GREEN!

GREEN educates children to set goals for themselves.

GREEN trains them how to organize themselves to meet their goals





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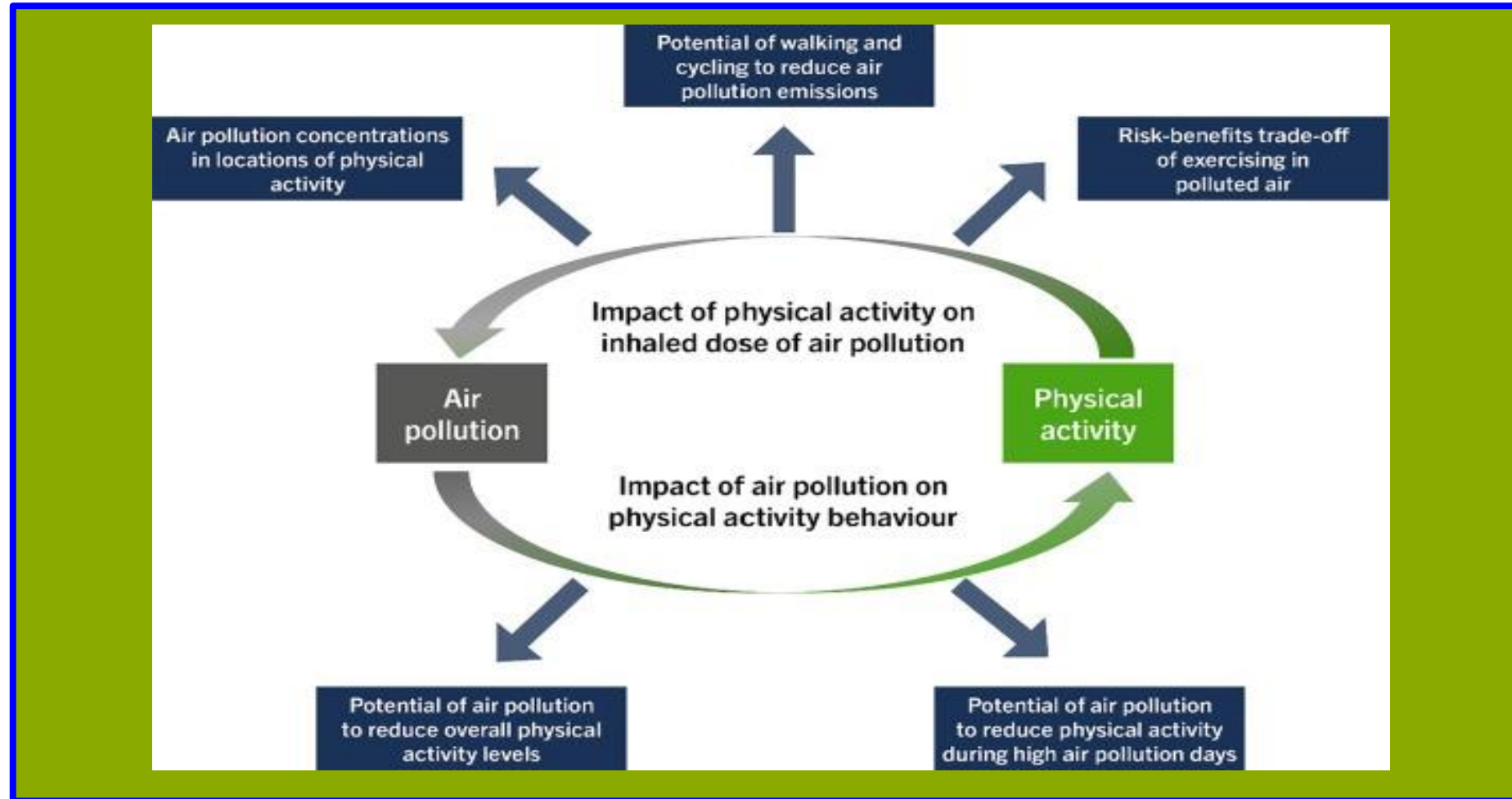
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MANAGE STRESS

Healthy Lifestyle



Recommendation,

Stress is the disease of the 21st Century. Many cases go undetected and the child is left to suffer in silence!

Stress is costly to the community and leads to addiction to medication.

This is why every school should,

Install a help and psychology center within its establishment.

Every school should offer a space for relaxation and serenity.

Every school should offer green activities because contact with the earth is beneficial. Picking, watering and harvesting fruit (e.g.) is emotionally beneficial and reassuring to the person doing these activities.



MANAGE STRESS

Healthy Lifestyle

5 TIPS FOR **STRESS MANAGEMENT**



Check in with your
child regularly



Identify and reduce
sources of stress



Take steps to
improve sleep



Practice stress management
techniques, such as stretching,
meditation and exercise



Leave room in schedules for
self-care, relaxation and fun

GREENER GREEN!



**GREENER
GREEN**



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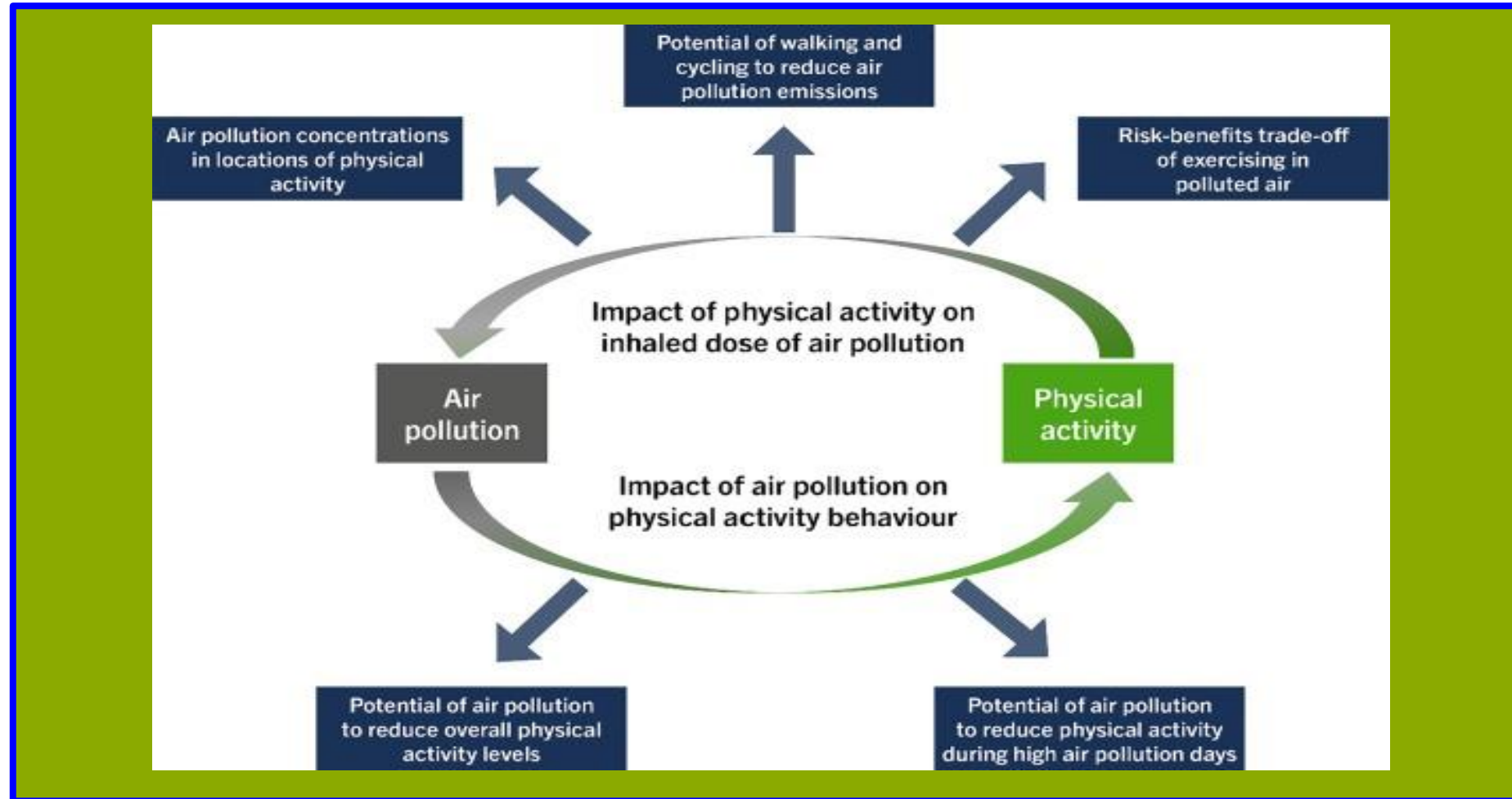
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GREEN ACTIVITY PLANNING

Healthy Lifestyle



Recommendation,

All the mentioned elements in this first part of GG module6 encourage us to set up green sustainable activities, in order to, combat diseases & to support good will.

Green activities should be integrated into schools' curriculum in order to support green topics & well being.

A green space should be dedicated to children. An area free of any human intervention should be proposed to children for certain activities or during their free time.

Enable children to understand what induces changes in their environment



GREEN ACTIVITY PLANNING

Healthy Lifestyle



GREEN
ENVIRONMENT
=
CLEAN
ENVIRONMENT

GREENER GREEN!

Give children the possibility to take green initiatives by giving them time and means to organize and sustain green activities in their school.





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