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## Health to meet you

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**Health dimension:**

**Healthy lifestyles**

**Name of activity:**

**Healthy mornings**

### Description of the topic:

Healthy lifestyle is a collection of some healthy aspects, habits important for quality and length of people's life. It can keep and improve people's health. However, nowadays not many people are able to follow those healthy aspects. Probably it is done by fast – moving times, by an on-success-focused life or by a society oriented on a performance.

According to some resources, we can summarize the collection of the healthy aspects into these top ten essential points:

1. *Healthy diet and water drinking*
2. *Physical activity*
3. *Good night's rest*
4. *Smiling and laughing*
5. *Meditation*
6. *No smoking*
7. *Moderate alcohol drinking*
8. *Healthy relationships*
9. *Health education*
10. *Positive attitude*

Of course, there are many other factors, which can influenced people's life: the environment, screen using, influencing by advertisements or bad family background.



## Initial assessment:

Survey – students will prepare a questionnaire about morning habits and collected data will be assessed.

## Objectives of the activity:

Healthy mornings – the main objective of this activity is:

- Survey – to find out what the morning's habits of students and teachers are like "Are you an owl or a lark?"
- Recommendations - on the base of survey facts - to develop some recommendations how to improve students' and teachers' morning habits.

## Target group:

Pupils 15 – 19

Teachers

## Activity process structure, implementation:

Description of healthy lifestyle, healthy mornings by different methods:

- Internet searching
- Essay writing
- Mind map
- **Introduction**

## Equipment, aids, tools:



## Expected results, assessment:

An expected result will be a collection of recommendations, distribution of the collection of recommendations into public space, implementation of the recommendations into everyday routine and to familiarize students, teachers and parents with the possibility how to improve their start of a day and how to approach to healthy lifestyle.



## References:

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