

This video series from TREE focuses on well-being for children. We try to raise children's awareness of their own physical and mental well-being and empower them to do things which positively influence their well-being.

MAIN IDEAS

1 Physical activity is good for you.

2 Physical activity can help you release negative feelings.

3 Choose an activity and get active.

Moving around in different ways is good for our body!

It helps clear away any sadness or anger.

Which activity will you do today?

ACTIVITIES

Ranking

Ranking activities by how much energy they burn.

Ask

Ask a friend with different abilities how they like to get active.

Draw

Learners draw their friend doing their favourite activity.

ACTIVITY AIM:

- For learners to think about activities in terms of fitness.

ACTIVITY AIM:

- To help children consider other points of view about fitness activities.

ACTIVITY AIM:

- To encourage children to think about people with different abilities and how they do things.