



Spolufinancováno
z programu Evropské unie
Erasmus+

Co-funded by the
Erasmus+ Programme
of the European Union



Národní agentura udělila organizaci Základní škola a mateřská škola Ostrava-Hrabůvka, Krestova 36A, příspěvková organizace, Krestova 1387/36A, 700 30 Ostrava-Hrabůvka grant z finančních prostředků rozpočtu Evropské unie na projekt s názvem „Škola pro život“ v rámci programu Erasmus+, KA 1: Vzdělávací mobilita jednotlivců. Na základě inspirace z mobility Yoga and Meditation for Educators: Be a Great Teacher, Be Your Best Self, která byla uskutečněna na základě tohoto projektu, byla vytvořena příprava pro výuku nejjazykových předmětů v anglickém jazyce.

Wellbeing poster (collaborative art project)

Written by: Lucie Fialová

Photos made by: Lucie Fialová

Age: The fifth grade (children 10-11 years old) – suitable for older kids as well

Time: 4 lessons

Objectives:

- to make a poster announcing/promoting wellbeing week at school
- to think about wellbeing of children and teachers at school

Language:

You will need: (woodless) coloured pencils/ markers, big sheet of paper for poster

The lesson plan:

- Warmer: Children find a place in a classroom where they want to sit or lie down. Children can sit on the floor, cross legged, with their back straight and their palms gently resting on their knees or just lie down. They close

their eyes and focus on breathing in and out through their nose. The teacher starts talking in a very calm voice: „Imagine that you are at your favourite place, everything is great, you are feeling very comfortable and happy. Look around. What can you see? - pause - Listen to the noises. What can you hear? – pause - Inhale deeply. What can you smell? – pause - ... And now try to make longer breaths – inhale – hold – exhale. Children stay in a position, continue breathing with deep breaths. Now try to keep this feeling and return slowly back.“



Children open their eyes, stretch their arms and legs and slowly form a circle.

- The teacher asks about kids' feelings, how they liked the beginning of the lesson. Was it easy or difficult for them to concentrate on the smell/noises ...? Then the teacher explains that in this art lesson the kids will concentrate on wellbeing. Wellbeing is a combination of physical, mental, emotional and social health. These elements all contribute to overall wellbeing.
- Discussion: children discuss about what is important for them to feel great at school, the teacher then tells the kids about the plan of the wellbeing week at school.
- Powerpoint presentation about wellbeing:

<https://gamma.app/docs/Wellbeing-Day-dgttwcragr13iqb>

- Ideas: Children imagine what activities they would like to include in this wellbeing week. They can also mime the activities and other kids can guess. If the kids have no ideas the teacher can encourage them or give some ideas (e. g. make a friendship bracelet, colouring mandalas, have a healthy snack, write a thank you letter, make a list of things you have achieved last week, make a gift for someone, write something nice about a friend/teacher, do yoga/ exercise, go for a walk and explore nature, ...)
- Spidergram: what has to be included at the poster – dates, place, activities the kids can look forward to./ Another version: the poster will be without the texts – just showing wellbeing ideas – the places where kids feel great.
- The teacher can show (just for a little while) different posters as an inspiration but at the same time encourage the kids to be creative.



- Kids can work alone or in groups – what's more comfortable for them.
- Children lay out their project, think of their own ideas how to advertise the wellbeing week at school and start working. The working process should be accompanied by suitable music.











Summary: Children can present their poster and talk more about the planned activities. In the end the teacher and the kids can choose a place where to display the posters.

Sources:

Gamma.app – pro zpracování prezentace

<https://www.teachingpacks.co.uk/60-wellbeing-activities-for-children/>

<https://www.kidsyogaday.com/kidsyogadaysignup/poses/>

<https://www.twinkl.com/teaching-wiki/wellbeing>

Inspiration for posters:

<https://www.etoncollege.co.uk/wellbeing-week-2/>

<https://stkilianscs.com/cmsAdmin/uploads/wellbeing-week-poster-2023.pdf>

https://www.freepik.com/free-vector/mental-health-awareness-concept_8269370.htm

<https://cz.pinterest.com/pin/podcast--667799451012533018/>

<https://cz.pinterest.com/pin/alimentao--3237030977397443/>

<https://cz.pinterest.com/pin/1072419730017374868/>

<https://cdn.shopify.com/s/files/1/0085/4373/1759/files/SelfCareSaturday-SunSalutation.pdf?v=1598647308>