

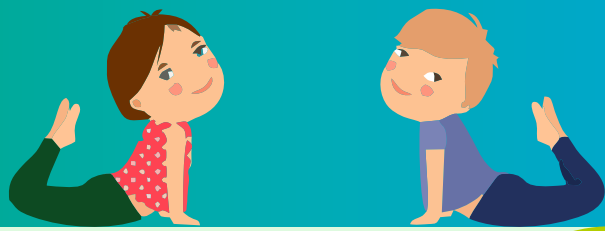


School Health and Wellness Activity Calendar



SCHOOL

Month 1



Week 1

Being comfortable with my body image





Week 2

Changes during adolescence

Week 3

Tune in to your feelings

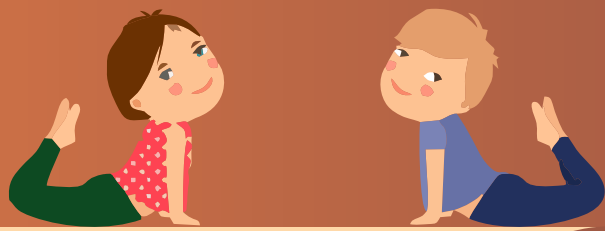




Week 4

Managing anger

Month 2



Week 1

Developing positive interpersonal relationships

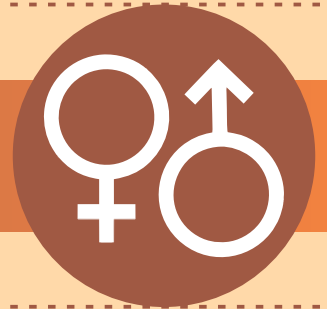


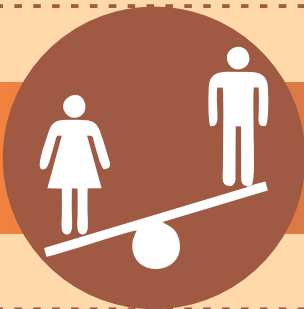


Week 2
Communication

Week 3

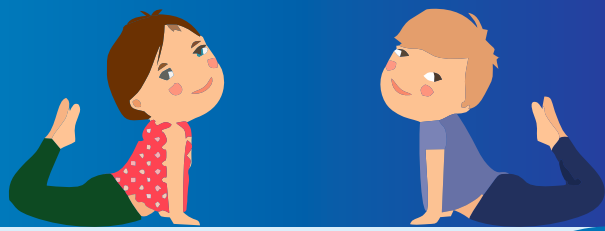
Understanding gender and sex





Week 4
Gender discrimination

Month 3



Week 1 My Food Tracker





Week 2 Eating healthy food

Week 3 Understanding worm Infection and how to prevent it





Week 4 Did you know? Myths and facts about drugs

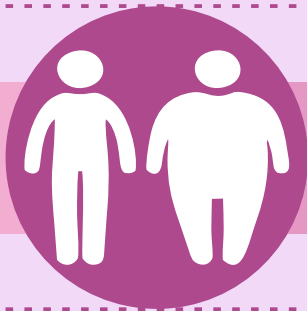
Month 4



Week 1

Snake & Ladder: Make your way to healthy eating





Week 2

Know your Body Mass Index (BMI)

Week 3

Am I making healthy choices?





Week 4

Yoga for better health

Month 5



Week 1

How to differentiate between safe & unsafe touch?





Week 2

How to keep yourself safe from any form of violence?

Week 3

Vulnerability of adolescents to HIV

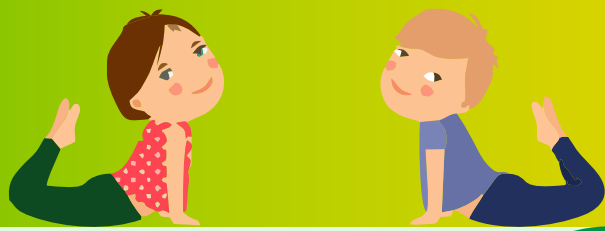




Week 4

Quiz competition HIV

Month 6



Week 1
What is child abuse?

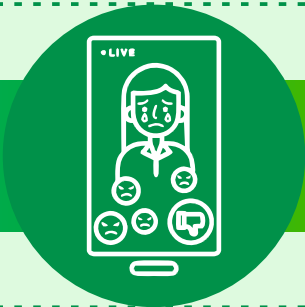




Week 2
What is bullying?

Week 3
Road safety





Week 4
What is cyber bullying?

