

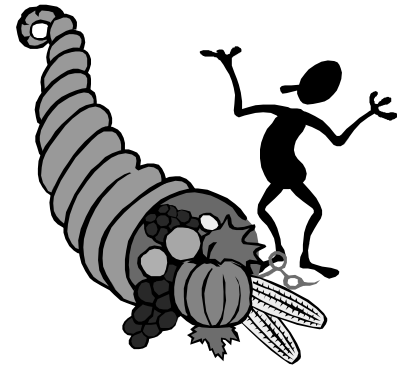


HEALTHY LIFESTYLE WORKSHOP

What is the workshop about?

The healthy lifestyle workshop can cover a number of different topic areas such as:

- Healthy Eating
- Being Physically Active
- Mental Health and Wellbeing



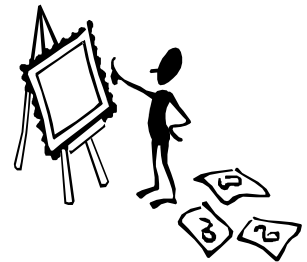
This means that the range of activities that we offer during a Healthy Lifestyles workshop can be very varied. We will talk to you before the workshop to find out what area of healthy lifestyles you would like to focus on and what sort of activities you'd like us to bring along.



What actually happens? Examples of healthy lifestyle activities

The following are all activities that can be incorporated into a Healthy Lifestyle workshop. There are also many other activities we can also offer that aren't listed here.

- Active Team Games: A fun way to get some exercise
- Twister Quiz: test your knowledge and your balance
- Smoothie Making: having fun with healthy food
- The Big Quiz: a team challenge and a great mental workout
- The Price is Right: how much does a healthy diet really cost?
- Making a Collage: creating visual messages about being healthy
 - Healthy Pictionary: a classic game with a healthy twist



Outcomes for Young People

- Have fun whilst developing personal and social skills in a supportive environment (Enjoy and Achieve)
- Learn about and explore the topic of healthy lifestyles in order to be able to make informed choices about their own lifestyles (Being Healthy)
- Learn and practise group work skills such as communicating and making decisions..

WHAT YOU NEED TO PROVIDE

Coloured pens and pencils

Plain or coloured paper

Scissors

Glue

Sticky Tape

The equipment list contains those things that are used most commonly during the workshop that you need to supply. If there are any other pieces of equipment you will need to provide we will let you know in advance

