



GREEN ACTIVITIES



Timing: 1 hour

Summary:

Create a song and dance OR design a scavenger hunt to learn how to stay happy and healthy.

Key messages:

- ★ To stay happy and healthy now and in the future, you need a:
 - healthy **diet** = eat healthily and drink lots of water
 - healthy **environment** = take a bath or shower and clean your home
 - healthy **lifestyle** = get enough sleep, do exercise every day, go to school, and visit a doctor/clinic regularly

Resources provided:



Talent Show script - Episode 1



Healthy Hunt clue examples



Keep moving!

Always begin with a physical warm-up (see page 8).

Preparation:

1. Read the green stage of the GPN Fact File.
2. Gather your prepared Badge Trackers.
3. Make five copies of the Talent Show script.
4. Choose the main activity:
 - **Happy Dance:** Ideally, play music.
 - **Healthy Hunt:** Gather eight objects to represent how to stay happy and healthy: **bowl** (eat), **cup** (drink), **soap** (wash), **broom** (clean), **pillow** (sleep), **shoes** (exercise), **book** (education), **first aid** (doctor). Display the clue examples (provided). Gather pens and paper.



Starter:



15 mins

1. Introduce the Girl Powered Nutrition badge. Explain that by the end of the badge, they will make healthier food choices **and** will have helped other people do the same.
2. Ask five volunteers to act out Episode 1 of the Talent Show, using the script.
3. Discuss what might happen next. Recap the health check rules





Choose your main course:

30 mins



HAPPY DANCE

or



HEALTHY HUNT

- First, ask the group to imagine they're auditioning for the Talent Show! Their task is to prepare a song or dance that explains how to be happy and healthy.
- The song or dance could be based on an existing routine (e.g. [the banana song](#)) or an entirely new one.
- Ask participants to work together in small groups to write a song or dance.
- When everyone's finished, groups perform.

- Showing the eight objects, the group guesses which object represents each of the things we need to be happy and healthy, e.g. soap = washing.
- Split into eight groups to design a scavenger hunt! Assign a different object to each group.
- Each group should decide on a hiding place for their object and write a clue to tell people where to find it (make two copies of each clue.) Show the example clues (provided) to help.
- To set up the hunt, hide each clue with a different object. Then give each group the second copy of a clue and go!



Reflection:

15 mins

- Introduce the Badge Tracker and how to use it.
- Ask everyone to colour in the green section, then write what they learned today. Prompt using the Key Messages and ask:
 - What do you need to be happy and healthy?
 - Do you have any unhealthy eating habits? e.g. skipping breakfast.
 - What could you do to be even healthier?



Congratulate everyone on completing the **green stage!** Keep all Badge Trackers safe.

Can't meet up?

Ask the group to read the Talent Show script then design a scavenger hunt for their family to find the eight things we need.



Got technology?

Record videos of the Talent Show auditions. Share the videos safely online.



Resource 1:

Talent Show script - Episode 1

SETTING: studio. **5 characters:** 4 teenage friends (Rio – a girl, Zarook – a boy, Rojo – a girl, Ummy – a girl) and TV producer

ALL characters are sitting on chairs, in a line, waiting near a door

RIO: I just need to say it. I know we're all thinking it. I'm so nervous!

ZAROOK: *[Knees shaking]* Yeah, I kept waking up last night with nerves.

TV PRODUCER opens the door. They **ALL** turn to look

TV PRODUCER: Ummy? You're up next.

UMMY: That's me! OK everyone, see you afterwards. Wish me luck!

They ALL say, "Good luck!". UMMY walks out of the door

ROJO: If we all get to perform on the Talent Show, the nerves will be worth it!

RIO: I need to calm myself down. At least we've all auditioned now.

RIO gets up and walks around. She sees a poster on the wall

RIO: Have you all seen this poster? It says that successful Talent Show contestants will have to have a health check before they can officially be accepted. It says the check will assess three things: how healthy our **diet** is, how healthy our **environment** is, and how healthy our **lifestyle** is.

They ALL walk over to the poster

ZAROOK: It's got the government stamp on it, and the Department of Health so it must be official. So, what would we all need to do?

They ALL fall silent, thinking and reading the poster. UMMY comes through the door

UMMY: I'm so glad that's over! I think the audition went ok - I did my best. What are you all doing? You look so serious!

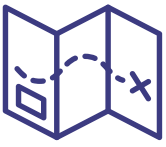
ROJO: We've just seen this official poster saying that we need to pass a health check for the competition. Look – it says they'll be checking our habits! Do we eat three balanced meals per day and drink lots of clean water? That's a healthy **diet**. They'll also check that we keep ourselves and our living areas clean – especially taking a bath or shower every day – that's a healthy **environment**.

ZAROOK: And finally, for healthy **lifestyle** there's several things: do we get enough sleep (we need 8-10 hours), do exercise every day, go to school or college, and visit a doctor or clinic regularly for check-ups? It says that if we make good choices now, we're more likely to have brighter futures.

RIO: I don't know about you all, but I think I have some unhealthy habits that I need to change if I'm going to be successful - in the competition but also in life!

ALL: Agreed!

TV PRODUCER enters. *"We've made a decision."*



Resource 2:

Healthy Hunt clue examples

Instructions for leader:

Make a large copy of the clue examples below and display for everyone to see. They are examples to inspire the group to design their own.

**I'm usually round
and deep, and you
use me to eat**

Find me and draw me



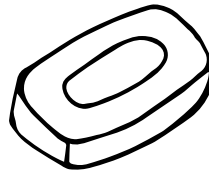
**Sip and slurp
from me, I'm
happiest with
clean water in me**

Find me and draw me



**Foam and froth
are hard to say,
use me to wash
away the day**

Find me and draw me



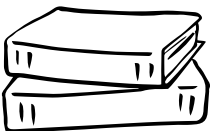
**Soft and inviting
for your head,
you usually find
me on your bed**

Find me and draw me



**Something you
use to study**

Find me and draw me



**Something
you use when
you're sick**

Find me and draw me



**Something you
use to do exercise**

Find me and draw me



**Something
you use to clean
your room**

Find me and draw me

