

Happy to live, live to be happy.



Objectius

.Recognise the right habits to enjoy a good mental health.

.Acquire vocabulary related to mental health: skin, heart, wrinkles, blood pressure, brain, happy, sad, and feeling blue

Descripció de la proposta

Students are asked to reflect on activities which help to take care of their well-being. They will become aware of the importance of practising appropriate habits and the benefits it brings to our organs. Hopefully, we will encourage good mental health. This project is a result of a GEP1 programme.

Aspectes didàctics i metodològics

These two sessions are based on a CLIL approach. It promotes academic learning and understanding about mental health at a right cognitive level and at the same time children practise their L2 at the right comprehensible level by means of varied input catering for different intelligences. Moreover, they learn how to work collaboratively in a digital world.

Recursos emprats

Template 1. My happiness password.

Template 2. When I'm feeling blue song. Teacher

Template 3. When I'm feeling blue song. Student

Template 4. Run for your happiness. Science backs it up! Readings

Template 5. Run for your happiness. Science backs it up! Template



Template 6. My happiness box.

Template 7. A gratitude jar Template.

Template 8. Read for your happiness. A gratitude jar.

Continguts, competències i processos que es treballen de forma destacada

Science

. The importance of practising appropriate habits to enjoy a good mental health and the benefits it brings to our organs.

English

. Core vocabulary related to mental health: focus on creating what you desire, read books, get a goodnight's sleep, exercise, pamper yourself, face your fears, get in touch with nature and beach, limit TV and computer, meet people you love, help others, find a new perspective and surprise people.

. Core vocabulary related to greeting and empathy: a hug, give me five, a blowing kiss, jump up high, shake hands, fist bump.

Alumnat a qui s'adreça especialment

4 th grade. Primary. 24 children organised in groups of 4.

Interdisciplinarietat, transversalitat, relacions amb l'entorn

Science

Documents adjunts

. Happy to live, live to be happy project.

Autoria

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