



# 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





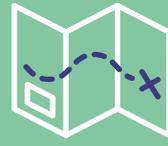
## Choose your main course:

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



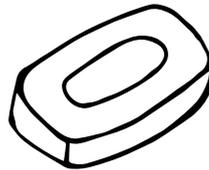
**Sip and slurp  
from me, I'm  
happiest with  
clean water in me**

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

