

1 Health Quiz Activity Plan



This is a main activity which should be delivered in one session. It can be delivered alongside the last stage of "Planning for a positive future" (from the Motivation section) to support the participants to commit to an action around their health and well being. Please note, you will need to download and print diet and exercise information from the internet, see resources.

Activity 1.1



Ask the group what they understand about healthy lifestyles. Write their answers on a flipchart. If people say vague things like "Don't eat junk food", unpack it further to establish what qualifies as junk food and why is it unhealthy (i.e. not so much vitamins as fresh food).

Record their answers on a flip chart so that they can reflect on what they have said.

Resources

Fact sheets from the World Health Organisation and the NHS:

- https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf
- https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/541231/CYP_infographic.pdf

Activity 1.2



Distribute a selection of fact sheets about the health benefits of exercise, rest and healthy eating. Explain small changes to your daily habits are more likely to be sustainable than big changes. Small changes make a big difference in time as they become habits. Ask if anyone can suggest fun ways to make our lifestyle healthier.

Resources

- Flip chart to write down suggestions

Activity 1.3



Complete the questionnaire and fill in the wheel of life. Ask the young people to identify areas where they would like to improve their score. Ask the young people what they could commit to realistically that would improve their score. For example a low score in diet can be improved by a commitment to eat one more portion of fruit or veg in a day. Is this realistic? There are plenty of suggestions and recommendations in the factsheets and online.

Activity 1.4

Variation: If you have been using the "Planning for a Positive Future Activity" throughout the programme, now is a good time to finish it with a commitment to a first step. Otherwise, throw it open to the group and ask if anyone wants to commit to a first step in front of the group.

Resources

- Possible use of "Planning Template"

Learning outcomes

- Understand what constitutes a "healthy lifestyle"
- Consider whether or not we need to make any changes to make our lifestyle healthy
- Learn to use a planning tool