



THE **Big** ACTIVE
Barnardos



Body,
mind
and
heart.

Primary School
Lesson Plan



Learning Intention

Barnardos Big Active supported by ALDI has been created to develop children's appreciation of their wellbeing and to support their ability to be as physically, socially, emotionally healthy as they can be.

The Big Idea:

True self-care requires a holistic approach: we need to take care of ourselves physically (Body), mentally (Mind), and through our relationships with others (Heart).

Summary of Tasks:

- 1. BODY.** Collectively choose your class physical Big Active challenge, which should take place over a month with progress tracked daily on your wall planner.
- 2. MIND.** Give your students 5 minutes a day to complete their Big Active journal to encourage self-reflection and awareness. Or choose an exercise from the journal each day to do as a group.
- 3. HEART.** Raise funds and find out about the impact of your donations. Participating students can donate €2 each OR you can raise money through a group sponsored challenge. Then each week, take one or more of the questions listed in your pack about how to give to charity in an informed way and let your students explore the world of philanthropy and their duty of care to others.

Outcomes and Competencies

The Barnardos Big Active supports the Primary National Curriculum Framework 'Fostering Wellbeing' competency and delivers the following learning and development opportunities.

- Showing awareness of how to make good choices in relation to wellbeing
- Participating with growing confidence and skill in physical activity
- Being self-aware and resilient
- Acting responsibly and showing care towards self and others
- Having a sense of purpose and meaning
- Being persistent and flexible in solving problems

