

Body,
mind
and
heart.

Secondary School
Lesson Plan



Learning Intention

Barnardos Big Active supported by ALDI has been created to develop students 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.** Students should complete their Big Active journal every day to encourage self-reflection and awareness.
- 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. Each week, take one or more of the questions listed in your pack about giving 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

On completion of Barnardos Big Active, post primary students should be able to demonstrate the following.

- An awareness of how to make good choices in relation to their personal wellbeing
- By completing their Big Active daily journal, students will record how their learning relates to their lives. They will also reflect on and evaluate their progress in taking part in Barnardos Big Active
- Growing confidence, enjoyment and skill in physical activity
- Development of empathic thinking and an awareness of their civic responsibilities and a sense of care for the wellbeing of others
- Through participation and meaningful action, students will be empowered and see how, by working with others, they can make a real difference to the lives of the children and families of Barnardos

