

Health and Well-Being: A Digital Workshop for students

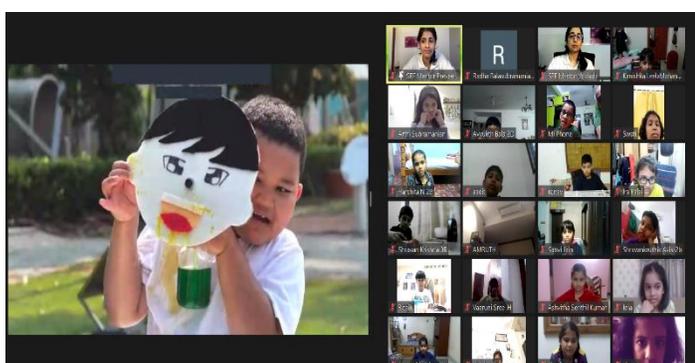
Goethe-Institute / Max Mueller Bhavan, Chennai conducted a Digital Science Workshop on the topic '**Health and Well-Being**' under the frame work of **Science Film Festival - Theme: Better Health Through Better Understanding**.

Students of classes 2 to 8 got an opportunity to uunderstand the role of fitness, nutrition, hobbies and activities in maintaining good health. They also learnt some tools and techniques to enhance their physical and emotional well-being.

The Workshop was digitally conducted by **Yoshida Menon** and **Praveena Nandakumar**, officially trained Mentors by the leading Science Educator - **Dr. Stuart Kohlhagen** at the International Workshop conducted by Science Film Festival 2021.

Students were given a list of simple household materials with which they were able to perform hands-on activities during the session and hence understood the concepts better.

Some of the workshop activities included the following:



Students of Std 2 and 3
Learning on emotional health



Students of Std 2
Hand washing activity



Healthy snacks by students of Std 3



Exercise videos were shown
and students asked to follow



Making of 3D square tower and comparing its stability with a triangular 3D made of fruits



The rainbow pizza



The Vitamin C test.

Emoji fun: Students drew and coloured emojis on quarters of a circle. This activity helped them to express their emotions in a healthy way.

Some of the other activities included watching an animated documentary on ‘Quarantine’, relating music to emotions, watching the film Dandelion-The Ecological Footprint related to healthy, sustainable environment-friendly lifestyle.

Students also got to make models of lungs and diaphragm using balloons, plastic bottles, straws and other craft items

Besides a session on fitness, students learnt to make an Emotion Journal to document their feelings.

Mr. Vishwanathan Anand, Indian Chess Grandmaster and a five –time world chess champion interacted with the students of class 7 and 8 after each activity and shared the importance of physical and mental fitness and the impact of music and yoga on ones emotional health.

This workshop truly kindled scientific temper in the children and gave them a wonderful opportunity to participate in the interactive sessions.



**IVY SCRIBES – Media Club
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