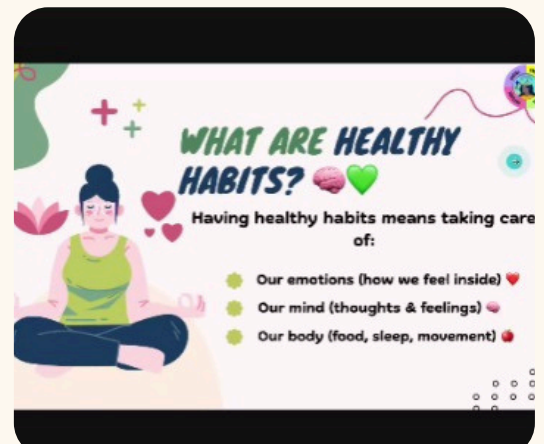
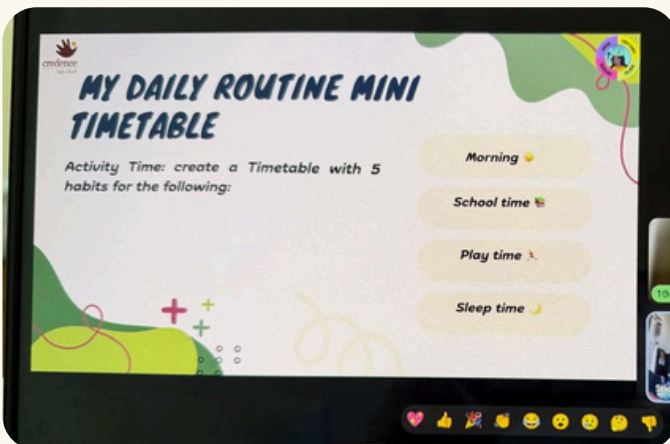
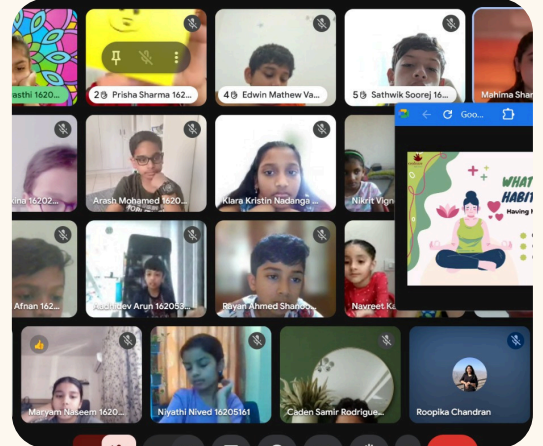
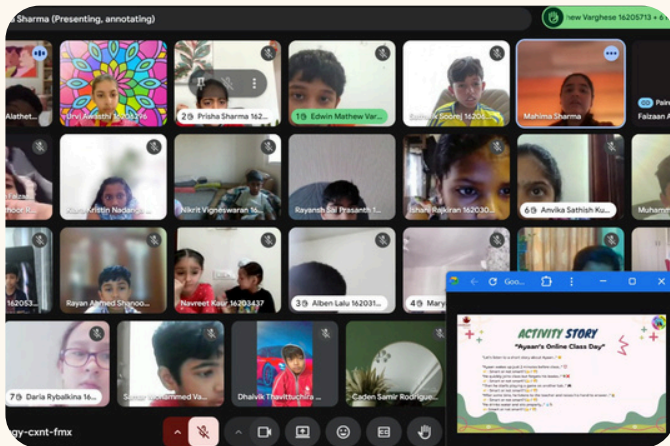


CREDESCENCE HIGH SCHOOL

Healthy Me, Happy Me

GRADES
G2 - 5

Date
6 - 10 April 2026



● INTENT

The intent was to build awareness among primary students about healthy habits and their impact on physical wellbeing, emotional balance, and learning. It focused on helping students identify healthy vs unhealthy behaviours and encouraging them to adopt at least one positive daily habit.

● EXPERIENCE

The session was conducted online via Zoom using an interactive PowerPoint. Students participated in online activity on healthy habits, discussed simple real-life scenarios related to home learning, and shared one personal "healthy goal." Engagement was active, with students responding verbally, through chat, and showing good grasp of concepts.

● INSIGHT

Students demonstrated awareness of basic healthy habits and were able to reflect on their own routines. The interactive format supported engagement and participation. It was observed that students respond well to relatable scenarios and visual activities. Future sessions would include more peer sharing and reflective prompts to deepen understanding.

