



HAPPY HEALTHY ME

Learning Cycle 1: Weeks 5-7

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YOUR SCENARIO

You have been employed as a Health & Wellbeing expert to raise the health and wellbeing of teens in your town.

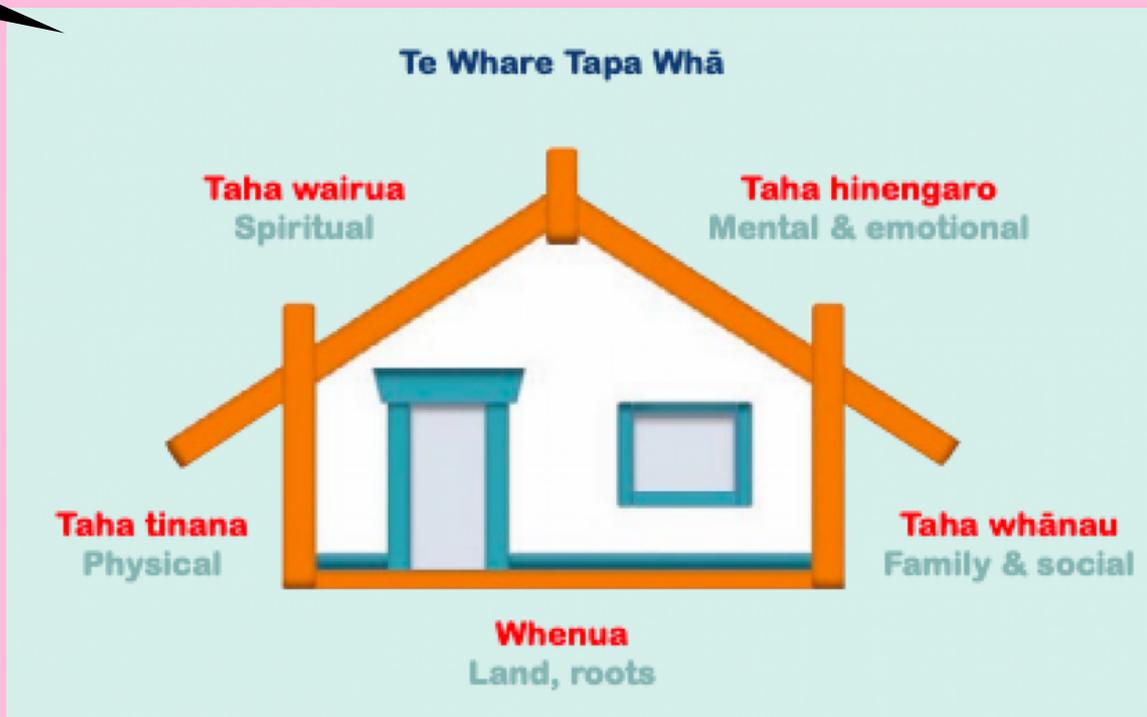
As part of this, you are required to write an article to promote teen wellbeing.

You will need to include at least 3 different elements of wellness that teens can use to enhance their health and fitness.

Please also include at least 2 perspectives from inspirational people from the readings given and 1 of your own.

As an expert, you are expected to test out your own findings and give a personal perspective and opinion.

5 Elements of Wellness



YOUR ARTICLE PLANNING

Wellness Element 1: _____

Notes from reading & research

Turn your research into sentences:

Claim - a statement about this chosen wellness element to assist teens

Evidence - facts, data, quotes, or examples that support your claim from your readings

Reasoning - Explain how your evidence supports your claim

Actions - what might the reader do with this information?

Wellness Element 2: _____

Notes from reading & research

Turn your research into sentences:

Claim - a statement about this chosen wellness element to assist teens

Evidence - facts, data, quotes, or examples that support your claim from your readings

Reasoning - Explain how your evidence supports your claim

Actions - what might the reader do with this information?

YOUR ARTICLE PLANNING

Wellness Element 3: _____

Notes from reading & research

Turn your research into sentences:

Claim - a statement about this chosen wellness element to assist teens

Evidence - facts, data, quotes, or examples that support your claim from your readings

Reasoning - Explain how your evidence supports your claim

Actions - what might the reader do with this information?

My personal opinion

Remember to give your reasons, justifications and why you believe your ideas are useful for your audience..

YOUR ARTICLE PLANNING

Introduction



Conclusion



INSPIRATIONAL PEOPLE

Below are some of the people you may like to research. Remember to choose a person of your choice as well.

Go to <https://bit.ly/3MAcrz9> to get the live links and find 11 people to explore their beliefs and perspectives on wellbeing.

Readings about Inspirational People

Please use these as a guide - you might like to do further research about these people.

Person	Link
 <p>Irene Van Dyke NZ Netball Player</p>	https://www.nzherald.co.nz/sport/netball-shooting-star-who-found-a-new-world/RAKNTK2GHL3XGJ2INREAW6NZ3U/
 <p>Steph Curry US Basketball</p>	https://fit.nba.com/qa-with-steph-curry/
 <p>Zion Clark Actor, author and athlete</p>	https://kids.guinnessworldrecords.com/news/2021/12/meet-zion-clark-the-fastest-man-on-two-hands-676320#:~:text=Zion%20Clark%20(USA)%20is%20many%20things.&text=Zion%20Clark%20is%20the%20reco%20n%20for%20time%20of%204.78%20seconds https://www.youtube.com/watch?v=cEltmb_a20M
 <p>Maya Angelo American poet</p>	https://www.womenshistory.org/education-resources/biographies/maya-angelou
 <p>Stephen Adams NZ Basketball</p>	https://www.penguin.co.nz/books/stephen-adams-my-life-my-fight-9780143771296/extracts/1896-my-life-my-fight
 <p>Usain Bolt Jamaican Runner</p>	https://www.youtube.com/watch?time_continue=14&v=gJMxh9djDoY&feature=emb_logo https://www.youtube.com/watch?time_continue=14&v=gJMxh9djDoY&feature=emb_logo

 <p>Khalil Gibran Lebanese writer</p>	https://poets.org/poem/joy-and-sorrow
 <p>Marcus Aurelius Former Roman emperor</p>	https://www.azquotes.com/author/666-Marcus_Aurelius
 <p>Mike King New Zealand mental health advocate</p>	https://www.likeminds.org.nz/file/Newsletter-Archive/PDFs/mlm-newsletter-39.pdf

ARTICLE CHECKLIST

Fluency

- My sentences build logically upon the one(s) before.
- My sentences are different lengths.
- My sentences start in different ways.
- My sentences flow easily from one to another.
- I maintain one verb tense, especially in summaries.

Ideas

- I used brainstorming and a concept map or outline to create and organize my ideas.
- My article is clear and focused. I stay on topic.
- I can summarise my topic in just a few sentences.
- I understand my topic and could explain it to someone else easily.
- Details in my article give the reader important information.

Organisation

- Ideas are organised in a meaningful way.
- The sequence of ideas is logical.
- My introduction is interesting and inviting.
- I used helpful transitions between main points, (e.g., "First of all," or "Similarly").
- I have a satisfying conclusion.

Punctuation

- A full stop, question mark, or exclamation mark ends every sentence.
- Long quotations are set off (e.g., indented on both sides, single-spaced, and/or italic font) from the text that is not a quote.
- Citations use the prescribed format including correct capitalisation, punctuation, and italicisation.

Word Choice

- I use synonyms and different verbs to add variety.
- I omitted needless words from the first draft and show evidence of this.



FITNESS FUN

As part of this project, you are required to set yourself a fitness programme and persist throughout the 3 weeks to complete the tasks you have set yourself.

Start by doing a 7-minute fitness test on Day 1 to give yourself a baseline measurement of where you are at.

Then redo the test Day 9 and Day 15.

Remember to record your results as these will be used as part of your maths.

FITNESS TEST

You will need:

An interval timer (download an app on your phone) or your phone stopwatch.

Pen or pencil to record results

How to:

Set the timer for 45 secs on and 15 secs rest.

Start with the first exercise and count how many you can complete in 45secs. Record this in your 15 sec break and continue with the second exercise 45 secs on 15 sec rest. Continue for other 5 exercises.

!!! IT IS IMPORTANT TO WARM UP BEFORE AND COOL DOWN AFTER TO ENSURE YOU STAY PHYSICALLY SAFE.

Exercise	Day 1	Day 9	Day 15
Squat Jumps			
Press Ups			
Burpees			
High Knees			
Switch Lunge			
Tuck Jumps			
Sit ups			
TOTAL Score:			

Squat Jumps 	Switch Lunges 
Press Ups 	Tuck Jumps 
Burpees 	Sit Ups 
High Knees 	REMEMBER Please replace any exercise or modify as needed.

FITNESS IDEAS



HEADS & TAILS

Toss a coin. If heads do 60 Jumping Jacks - if tails 60 Calf Raises. Repeat for the next row.

	Heads	Tails
1	Heads	Tails
2	60 jumping jacks	60 calf raises
3	40 Lunges (20 each leg)	40 Squats
4	35 Push ups	35 Tricep dips
5	30 Leg raises	30 sit ups
6	1:30 min plank	1:30 min wall sit

SPELL YOUR NAME

do the workout!

- | | |
|---------------------------------|--------------------------------|
| A : 10 Sit-ups | N : 20 Calf Raises |
| B : 10 Push-ups | O : 10 Bicep Curls |
| C : 15 Burpees | P : 10 Bicycle Crunches |
| D : 20 Mountain Climbers | Q : 20 Arm Circles |
| E : 30-Second Plank | R : 10 V-Ups |
| F : 15 Tricep Dips | S : 15 Squat Jumps |
| G : 10 Russian Twists | T : 60-Second Plank |
| H : 60-Second Wall Sit | U : 15 Squat Jumps |
| I : 30 Jumping Jacks | V : 20 Glute Bridges |
| J : 10 Lunges | W : 10 Walking Lunges |
| K : 15 Sumo Squats | X : 30-Second Wall Sit |
| L : 20 Crunches | Y : 10 Squats |
| M : 40 High Knees | Z : 20 Push-ups |

Instructions;

- Use a minimum of 6 letters for each workout at least 3 times this week
- Use your first name, middle name and or surname.
- Try family members' names
- What about your pets?
- How about your favourite food
- Your favourite holiday destination
- The possibilities are endless...

Sit Ups



Push Ups



Burpees



Mountain climbers



Plank



Lunges



Tricep dips



Sumo split squat



Russian twists



Crunches



Wall sit



Calf raises



Arm circles



Squat jumps



Jumping jacks



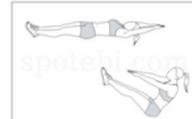
High knees



Bicep curls



V sit ups



Glute bridges



Bicycle crunches



EXERCISE DEMOS

DESIGN YOUR FITNESS PROGRAMME

As part of your article research, your task is to track your fitness over the next 3 weeks. Plan your next 3 weeks fitness programme to increase your fitness. With the fitness testing, you will be tracking your progress over the 3 weeks and using this data for your Maths.

You can choose from the tasks in this booklet and add your own. If you are a runner - add 2-3 runs each week. Maybe you choose to go for a bike ride. Going for a walk is a great exercise if you raise your heart rate. etc.

You might plan a high impact workout one day (getting really huffy puffy) and a low cardio session the next day, such as yoga or Tai Chi. Ensure you have some rest days as recovery time is important when building fitness and strength. Share your plan with your LC.

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Week 1	Baseline fitness test						
Week 2		Fitness Test Day 9					
Week 3	Fitness Test Day 15						

JOURNAL YOUR FITNESS JOURNEY (You could use some of your learnings & insights for your article)



SLEEP AND TECHNOLOGY

Ahhhhh – sleep – something so many people desire more of or an improved quality nights rest. All over the western world, people are suffering from chronic sleep deficiency.

In terms of brain function and productivity sleep is really important. A lack of quality sleep lowers a person's focus, impedes decision making and increases mood swings. And that is just the start! Ask any parent who has a colicky baby that has kept them up for several nights in a row, to choose from two simple choices and it feels like a scholarship exam!

Eric Edmeades, founder of Wildfit, teaches about the 8 basic needs of humans. The first 3 (in order of importance for the body & brain) are good quality air, natural water for hydration and sleep. Sleep at the number three position might have surprised you as most people predict food to be third on the list – it's actually number six!

Your brain and body perform amazing feats while you sleep. These include:

- physical repair
- burning off fat from the day's activities
- fighting inflammation, infection and trauma
- digestion
- sorting of the day's memories
- creation of long-term memories
- memory enhancement
- memory integration
- problem solving
- ridding toxic waste
- cell repair
- energy is recharged (almost like a battery)



The brain works on approximate 90 mins cycles (circadian rhythms) throughout the day and night. At night, as an adult, it is recommended to get 5 full cycles of sleep, while teenagers may require 6-7 cycles for great body and brain function. This may involve going to bed earlier to fit all these cycles in. Dr Greg Wells and Dr Daniel Amen, both prolific brain researchers, talk about the first three cycles being when the brain processes the learning from the day, memory enhancement and memory integrations. The last two cycles are when creativity and problem solving happens. Have you ever woken up with clarity about a troubling problem? Your brain was working on it while you were asleep.

There are many reasons people may not be getting enough sleep and one key factor is increased use of technology and phones. Here are 3 tips, in relation to technology use, to achieving a better night's sleep.

Tip 1: No technology in the bedroom

To ensure a great night's sleep remove all technology from your bedroom. Your bedroom should be a relaxation zone, a time for the brain to unwind, calm and switch off. The last thing your brain needs is more input or the suggestion of more information. Your brain spends its day consuming information, making decisions, creating and thinking and it needs time to recharge. Remove the TV, computers, laptops and phones from the bedroom to create a calm and nurturing space.

Tip 2: Turn your phone/technology off 30 mins before sleep

Ideally, two hours would be better, however, the National Foundation for Sleep suggests starting with 30 minutes. The key reason for this is because phone, TV and computer manufacturers design these devices to emit blue light. This blue light keeps your brain awake and alert. In fact, what the blue light actually does is restrain the production of melatonin, the hormone that controls your sleep-wake cycles or commonly known as your body clock (circadian rhythms.) When melatonin production is impeded it is harder to fall asleep and problematic to wake up.

Furthermore, checking emails, messages and posts before bed means you are not able to control the type of information coming into your brain. When you see a post, message, email you don't like or agree with, your heart rate increases, you may get all worked up, start to worry, plan and process, which is the exact opposite of what you want before sleep. Reading a relaxing book, on the other hand, means you have better management of what you are feeding your brain before sleep. You might also take a bath, practise light yoga, write or journal your daily gratitude or listen to some soothing music before bed.

Tip 3: Leave your phone in another room at night

I know! Being without your phone feels like your arm has been severed from your body! And in all honesty – how often do you get a call during the night? Just the worry that you might get that urgent call in the night can lead to a lack of deep sleep. Or maybe you are a victim of FOMO – the fear of missing out? If leaving your phone in another room is a major challenge, turn it on to do-not-disturb or silent mode. At bare minimum leave it over the other side of the room so you are not tempted to reach for it in the night. Most smartphones have an option when on silent or do-not-disturb mode, that certain numbers can come through. Being woken in the night by an alert, a bright light, or call not only interrupts your sleep cycles and inhibits melatonin production, it also makes it more challenging to get back into a deep sleep.

If you use your phone as an alarm for as little as \$7 from Kmart or less than \$1 from AliExpress (and free shipping! at the time of writing this) you can purchase a traditional alarm clock. This will give you more peace of mind and increase the quality of your sleep and therefore your brain and body function. A great bargain!

Give these tips a go for 21 days. It may be hard at first and if you persist you are likely to reap the rewards in many different areas of your life.

Sleep infographic

Not getting enough sleep can:

Limit your ability to learn, listen, concentrate and solve problems

Affect your memory

Affect your skin



Make you irritable

Increase chances of having an accident esp if driving or operating machinery

Decrease your energy levels



As a teen, you need about 9¹/₄ hours of sleep each night to be at your best

Irregular sleep patterns across the week can affect your biological clock and affect your sleep quality

To get a good night's sleep:



Make your bedroom a haven for sleeping ... not too hot, quiet and dark

Avoid TV or other screens before bed



Avoid eating or drinking before going to bed



Start a bedtime routine perhaps have a shower or read a book every night before bed to help your body know when it is time to go to sleep



It's time to **READ**

Go to bed and get up at the same time every day if you can



Sometimes naps can help but keep them short and don't nap too close to bedtime

Having a great night's sleep can:

Improve your mood

Improve your memory

Improve concentration and problem solving

Decrease chances of having an accident

Increase energy levels

Help keep your skin looking good

Improve your ability to learn and listen

DO YOUR OWN SLEEP RESEARCH

As part of your article research, your task is to track your sleep over the next 3 weeks. This data will be used for Maths in week 3 of this project.

Day	Awake Time			Sleep Time		
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

The grid on the left is divided into 3 weeks to record your data

Rate your day out of 10 for the following areas:



Day	Mood			Concentration			Ability to learn			Energy levels		
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												

How might changing your sleep habits affect your health and wellbeing?

THE ART & SCIENCE OF GRATITUDE

Gratitude is the art of being thankful. The word coming from the Latin word, *gratus*, which means pleasing or thankful. It is being able to show appreciation and return the kindness of others. Gratitude is about showing that you don't take life, circumstances and people for granted.

Research by Dr Martin Seligman, known as the father of modern positive psychology, and many other renowned thinkers, show that the practice of gratitude increases people's levels of wellbeing and happiness.

This practice helps people to feel more positive emotion, relish a satisfying experience, improves health, can help with dealing with adversity and build strong relationships. Gratitude can be shown for the world, a specific individual and yourself. It can be felt and expressed in multiple ways. For example, for the past, by retrieving positive memories, in the present by not taking good fortune for granted and in the future by maintain a hopeful and optimistic attitude.

The Benefits of Gratitude

A deliberate gratitude practice has been shown to light up the brains reward centre and flood the frontal cortex with neurotransmitters such as dopamine. This in turn has been shown to spark activity critical to sleep, orgasms, mood regulation and metabolism. Focusing on the positive can shift your heart rate, creating a feeling of stability and calm. Studies show that being grateful can increase social connections and create more satisfaction with family, friends, colleagues, your community and yourself.

Practicing gratitude can lesson anxiety and depression symptoms as it challenges negative thought patterns which calms the anxiousness and positivity boosts moods. Gratiudians also report and increase in empathy and compassion. The more thankful you are, the more likely you are to act pro-socially towards others causing others to feel grateful. It creates a ripple effect. Gratefulness can also increase resilience as it helps you to bounce back from stressful events. Productivity increases due to feeling more inspired and uplifted and it improves physical health by strengthening the immune system, lowering the blood pressure which, in turn, reduces symptoms of illness.

Ways to Cultivate Gratitude

The key to cultivating gratitude is through a daily practice and not to rush it. You want to pause and feel it deeply. Ideas on a daily basis include:

- write a thanks-you note
- thank someone mentally
- keep a gratitude journal
- count your blessings
- pray and/or meditate
- Gratitude on the hard days



Gratitude on the hard days

At a simple level, gratitude shifts your focus from the negative to the positive. The mind is unable to focus on two thoughts simultaneously. The more you train your mind to focus on the positives, the more positives you have! But what about those days when it is hard? Believe it or not, the best time to practice gratitude is on the days that you don't feel like it. It is not always easy, however, it can transform your mind and life. Podcasters, Marc & Angel Chernoff suggest that during the tough times in life, gratitude can broaden your focus rather than have tunnel vision of the hard stuff. They are clear that it is totally OK to feel the pain of the hard times (and essential to) and it is also important to remember the rest of your life. On those harder days Marc & Angel suggest giving these ideas a go:

Make a list of all people, happenings, events, stuff that you are truly grateful for and display it in a place you will see it every day

When someone upsets you, find one aspect about them you are grateful for

When procrastinating on a task, be grateful for the opportunity to complete the task

If you are sick or injured, find thankfulness in being alive and your body's incredible ability to heal

If someone doesn't like you, be grateful they care enough to give you their attention.

The great thing about gratitude is even if you look for it and can't find it, neuroscientists say it still has a very similar effect in the brain as if you did find things to be thankful for.

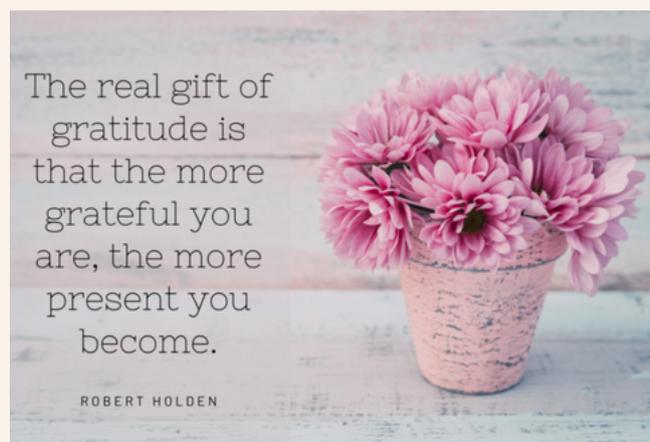
The Secret of Gratitude

The secret to gratitude is creating a deliberate and sincere practice. Every day, hour, moment, you have the opportunity to choose to be grateful, again and again, and again. It is not always easy, and it is worth it. The effects might not be noticed immediately. Think of it as compounding interest at the bank for your savings account. It takes several weeks or months to start seeing the benefits.

Create visual reminders such as sticky notes or download an app (there are many to choose from) to give you a daily prompt. I have a private Facebook group where people post three things a day they are grateful for. You are welcome to join at: www.facebook.com/groups/2130234256994390 It is an amazing community!

Of course, you don't have to believe the research. If you are not sure, try it. It costs nothing and you just might be pleasantly surprised.

THE AUTHOR: Karen Tui Boyes is a champion for Life Long Learning and the winner of the NZ Educator of the Year 2017 and 2014 and the NZ Speaker of the Year award in 2013 & 2019. She is passionate about success in all areas of life.



Write down 5 things you are grateful for today.



Keep a gratitude diary for a week – aim for 5 things each day that you can be grateful for.

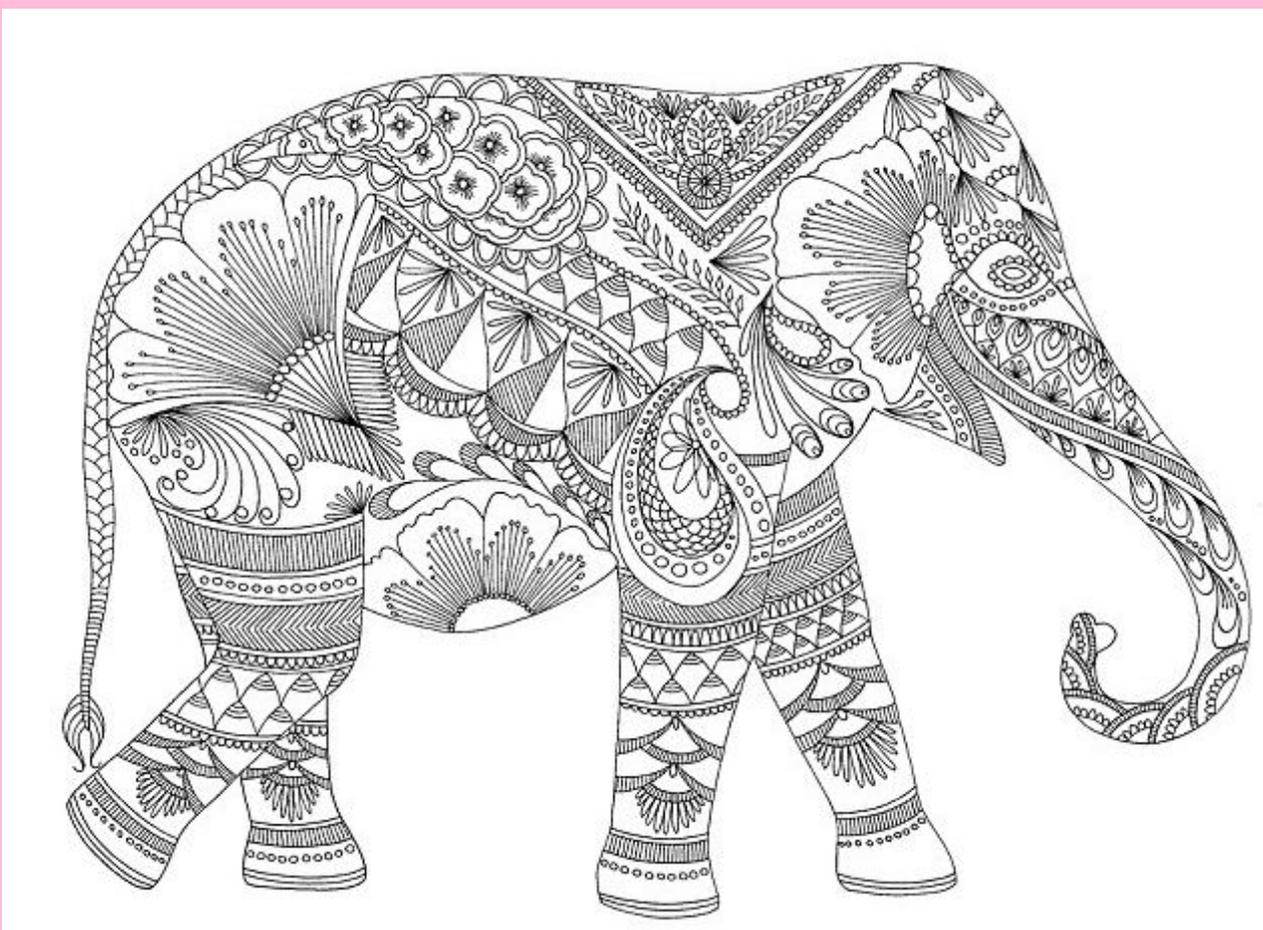
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

At the end of the week review. How does keeping a gratitude diary improve your health and wellbeing?

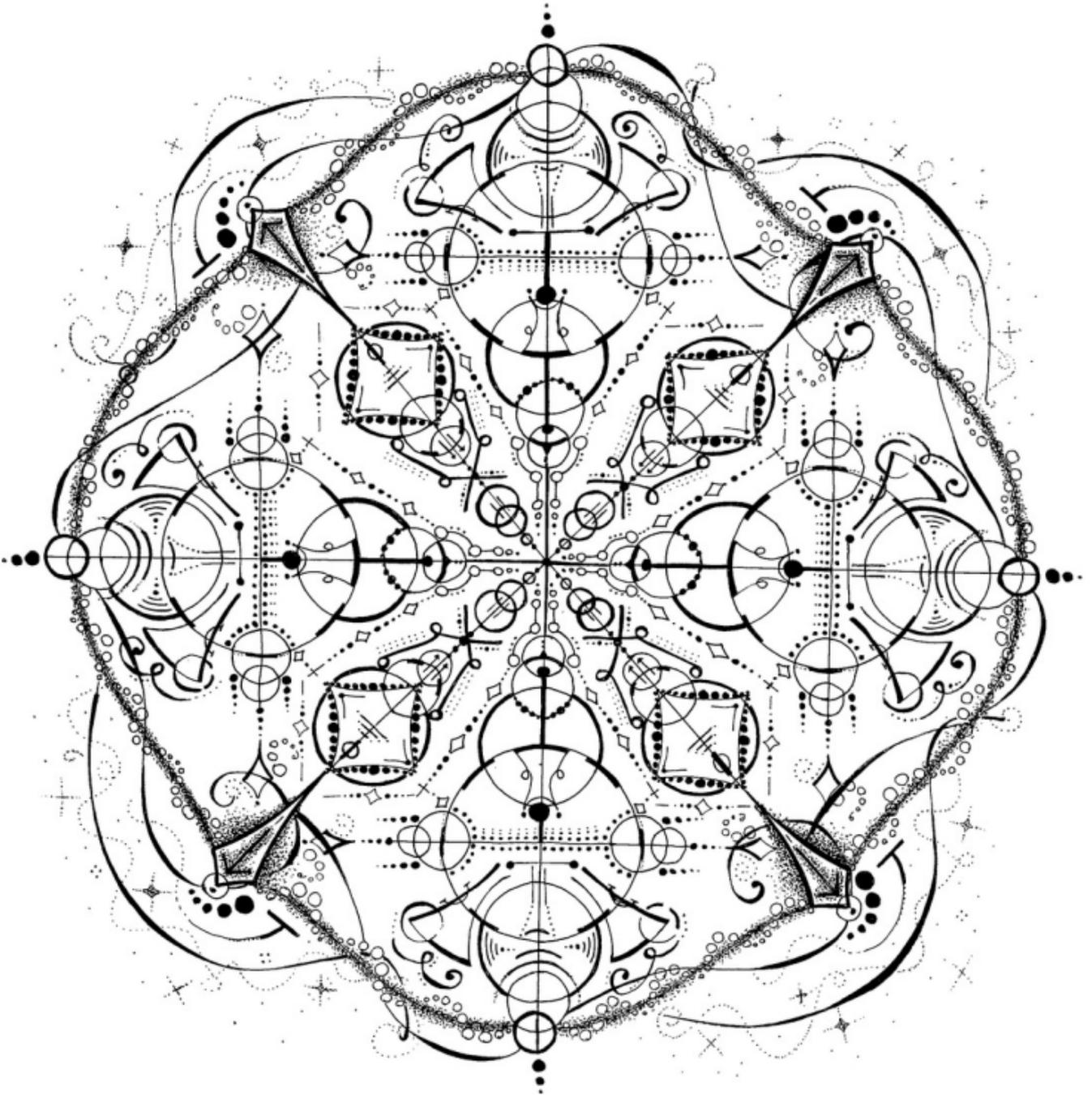
MINDFUL COLOURING

As part of your research, take some time to colour some (or all) of the images below. Notice what happens inside your mind when you do this? Maybe it calms and focuses your mind or perhaps you find yourself worried about which colours to use? The experience is different for everyone.

Also, check out the Mandala on the next page. This is worth exploring with the QR code at the bottom right of the page.



Freedom * Peace * Love



DOODLE PAGE

This page is for mindless doodling - you might even come up with your own mindful colouring image. (if you do please send it to Karen - she loves mindful colouring)

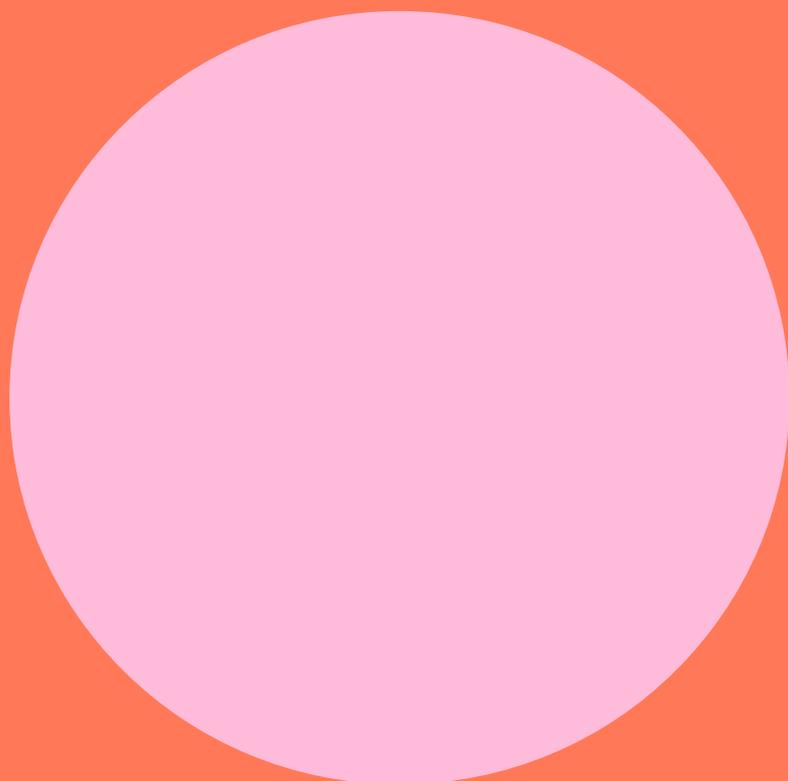


**YOUR LIFE
DOESN'T GET
BETTER BY
CHANCE. IT
GETS BETTER
BY CHANGE.**

NATALIESHEALTH.COM

JOURNAL PAGE

A page for notes, thoughts and ideas



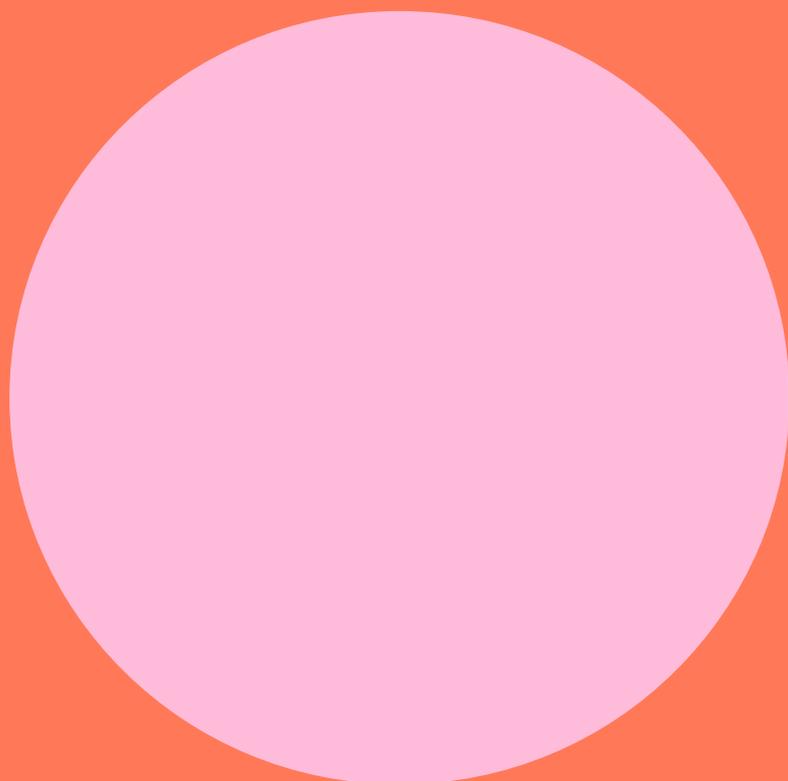


you ONLY fail
when you
= STOP =
trying



JOURNAL PAGE

A page for notes, thoughts and ideas

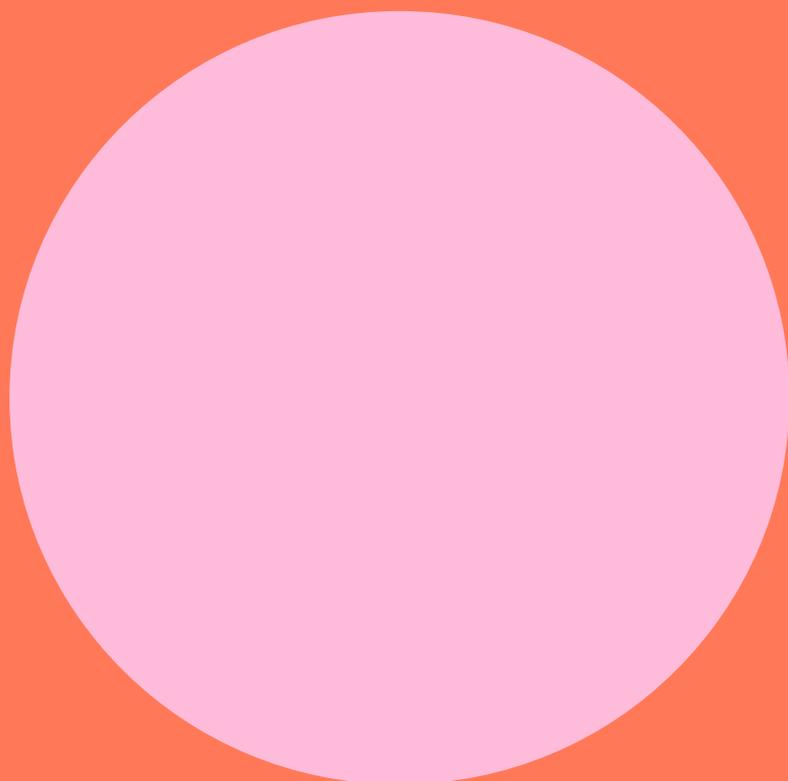


**IF YOU LOOK
FOR POSITIVE
THINGS IN LIFE,
YOU WILL
FIND THEM.**

NATALIESHEALTH.COM

JOURNAL PAGE

A page for notes, thoughts and ideas



**'Change is hard
at first,
Messy in the
middle and
gorgeous
at the end.'**

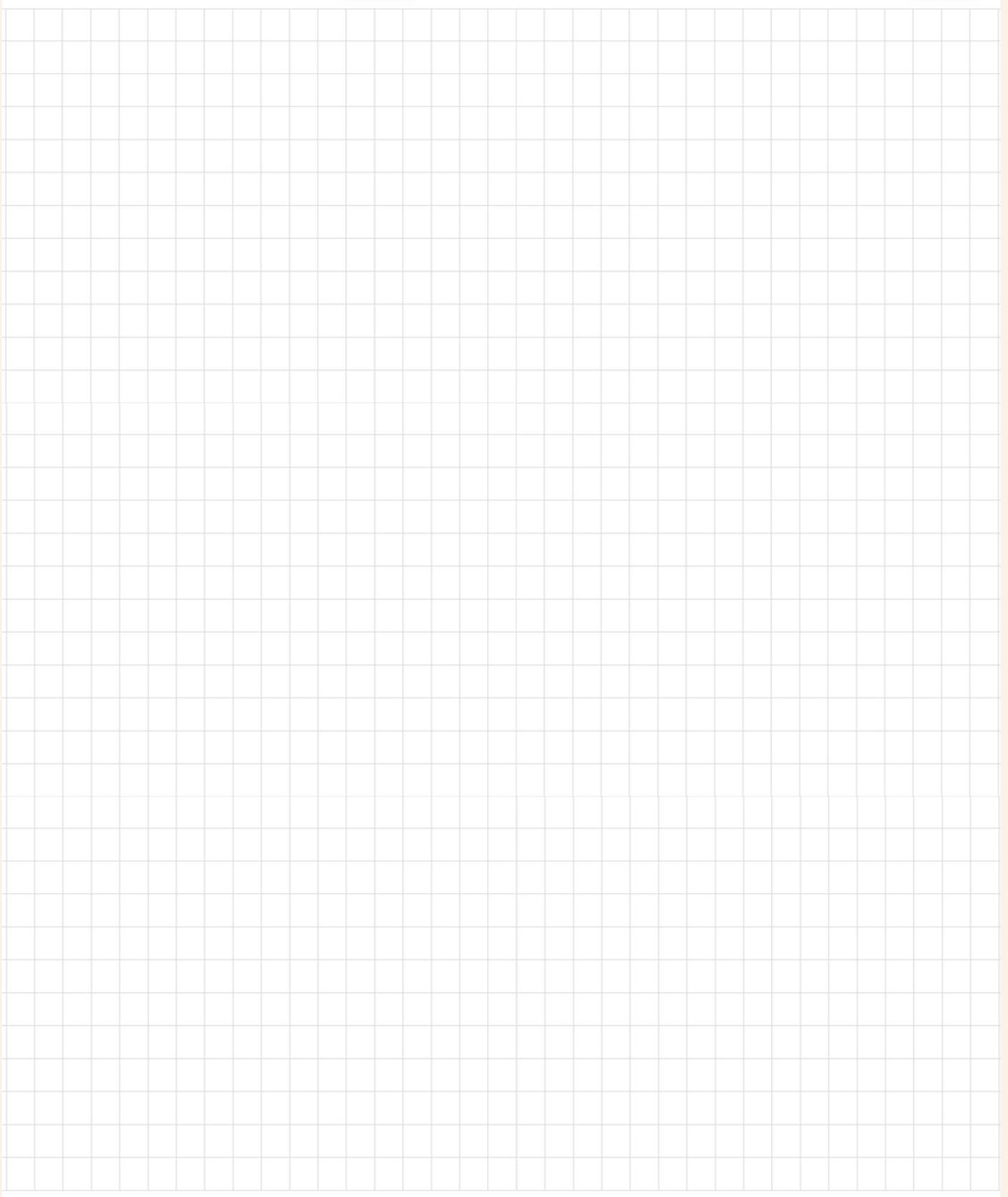
Robin S. Sharma

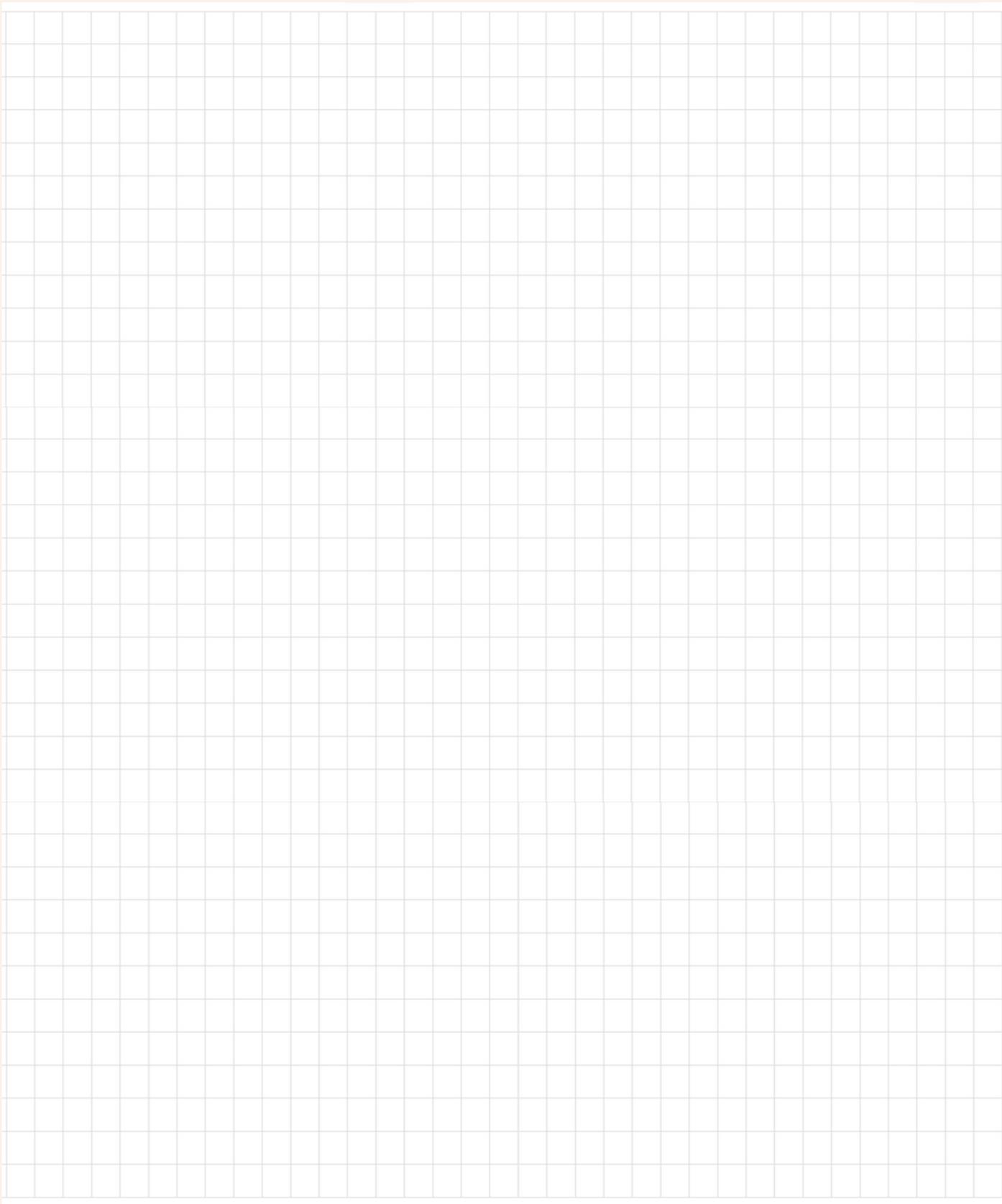


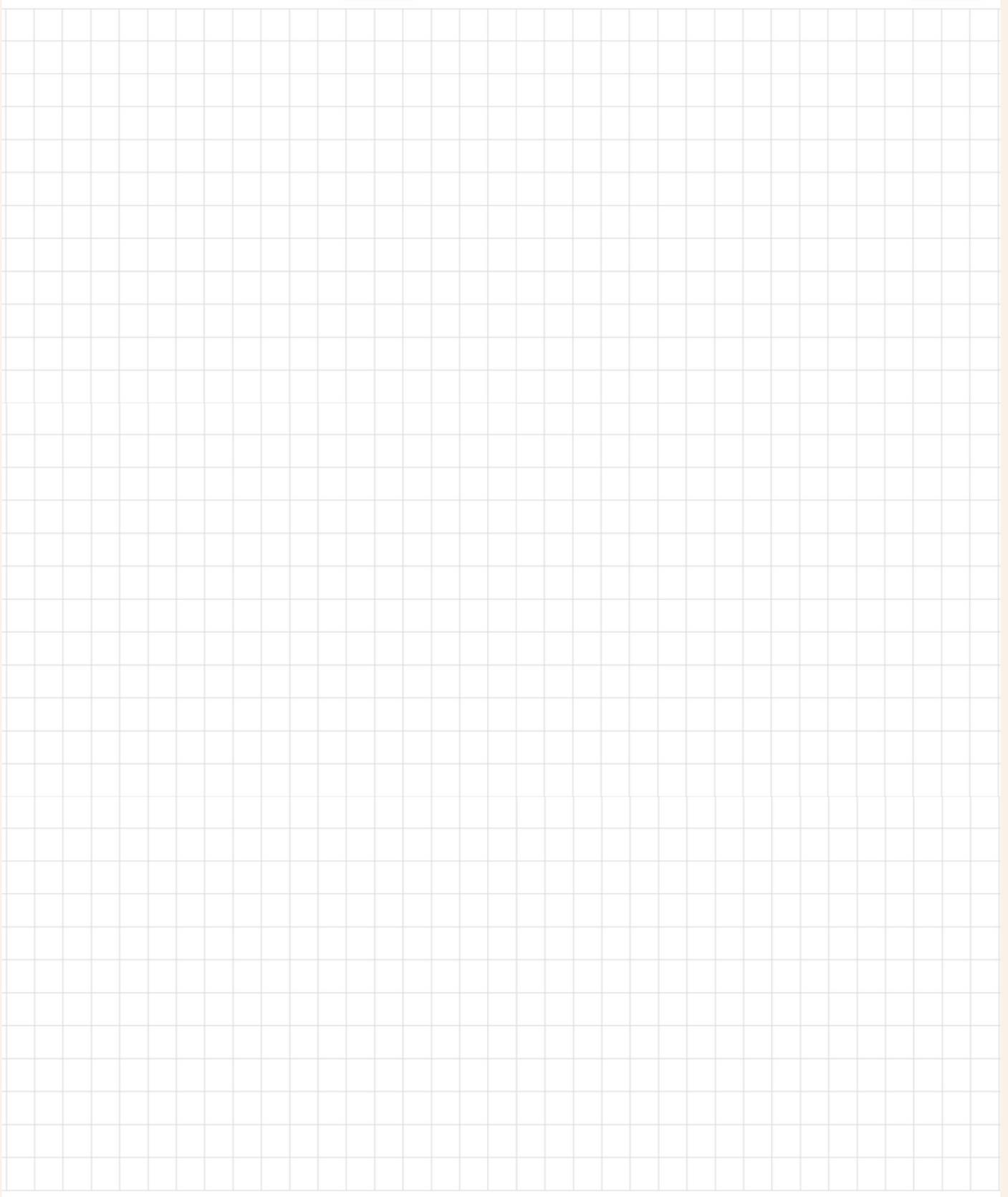
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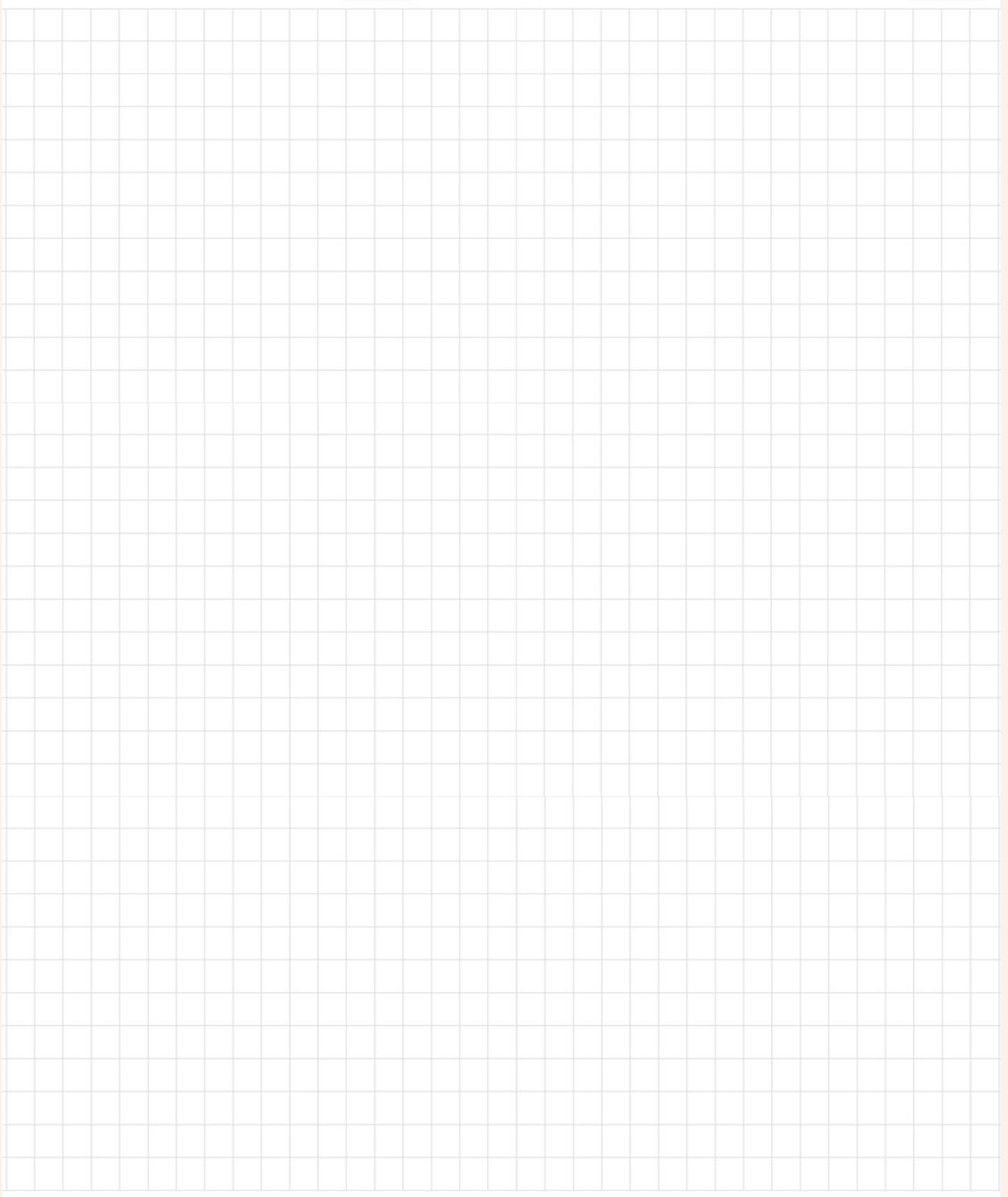
A page for notes, thoughts and ideas













SPECTRUM
— A C A D E M Y —