**S1/2 Science Health Project**

Every week you can be doing a different project about our health, including researching:

* Mental health
* Physical health
* Diet
* Disease

Please follow the instructions below.

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| Week | Topic | Activities | Additional resources |
| 1 | Mental health | Let’s talk about mental health.  Mental health can suffer, especially during uncertain times.  This week keep a mood diary every day.  Try an activity which could improve your mental health.  Here are some ideas:   * Meditation * Reading * Colouring * Going for a walk (if appropriate) * Making a good mood music playlist   Please choose at least one activity and include this in your diary. Did your activity improve your mental health? | * Mental health diary template can be downloaded from the school website. * Ted Talk - Imagine there was no stigma to mental illness   <https://www.youtube.com/watch?v=WrbTbB9tTtA>   * Ted Talk - How to manage your mental health   <https://www.youtube.com/watch?v=rkZl2gsLUp4&t=617s>   * Ted Talk - The secret to becoming mentally strong   <https://www.youtube.com/watch?v=TFbv757kup4&t=658s>   * Ted Talk - How to practise emotional first aid   <https://www.youtube.com/watch?v=F2hc2FLOdhI>   * Meditation you can do anywhere   <https://www.youtube.com/watch?v=inpok4MKVLM>   * Meditation for inner peace   <https://www.youtube.com/watch?v=d4S4twjeWTs>   * A self care action plan   <https://www.youtube.com/watch?v=w0iVTQS8ftg> |
| 2 | Physical health | Let’s talk about physical health.  By now, you’re probably feeling a bit stir crazy and need to get moving.  This week keep an exercise diary every day and share it with your teacher upon return to school.  Try an activity which could improve your physical health.  Here are some ideas:   * Going for a walk (away from people) * Learning a dance routine * Learning a yoga routine * Trying an exercise video (I’ll link a few good ones)   Please choose at least one activity and include this in your diary. Record your pulse before the activity and at the end of the activity, then two minutes afterwards. Did your activity improve your physical health?  There are also some video links which can help you with this. | * How to check your pulse * <https://www.youtube.com/watch?v=qaZrzoH8Jvk> * Blogilates Pilates Videos * <https://www.youtube.com/user/blogilates/videos> * Pop Sugar Fitness Videos * <https://www.youtube.com/user/popsugartvfit> * This one is especially good - Family Fun Cardio Workout   <https://www.youtube.com/watch?v=5if4cjO5nxo>   * Yoga With Adriene   <https://www.youtube.com/user/yogawithadriene>   * The Greatest Showman Dance Routine   <https://www.youtube.com/watch?v=XucZOPeJFPc>   * Uptown Funk Dance Routine   <https://www.youtube.com/watch?v=PLWJAmAcz-4>   * Try Everything Dance Routine   <https://www.youtube.com/watch?v=KuZKjKweorM>   * Hip Hop Dance Routine   <https://www.youtube.com/watch?v=Kd-Va1m4s1E>   * Contemporary Dance Routine   <https://www.youtube.com/watch?v=91sd4Jnwgjs>   * Salute Dance Routine   <https://www.youtube.com/watch?v=GXjIrtbPZOA>   * Zumba Dance Routine   <https://www.youtube.com/watch?v=8DZktowZo_k> |
| 3 | Diet | Let’s talk about diet.  This week I’d like you to keep a food diary every day.  I am also challenging you to try an activity which could change the way you think about food.  Here are some ideas:   * Find a recipe online and try to make it using what you have in the house * Imagine you own a restaurant that caters for people who are vegetarian or who have a dairy allergy. Create a menu for your restaurant. * Research normal food for different countries and think about whether that food is healthy * Research rationing during World War II. How did people cope with it?   Please choose at least one activity and include this in your diary. |  |
| 4 | Disease | Let’s talk about disease.  This week I’d like you to do some research on a different disease (other than coronavirus). Save this as “yourname Disease Research 2020” and share it with me. There are some questions to research on the school website.  Include the following:   * What is the disease? * What causes the disease? * How does it spread? * What are the symptoms * Where in the world is this disease found? * Is there a cure/treatment?   Some ideas for diseases are: Swine Flu, Spanish Flu, Cholera, Tuberculosis, Dysentery, Typhoid and Lyme Disease. | Use your Glow login to access the “Twig” app and search for videos on the following:   * Bacteria * Virus * Fungi |