

You have now learned all about SHANARRI. Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible and Included. All of these aspects or parts are very important for your health and well-being.

## Activity 1

Look at the powerpoint below to remind yourself what they all mean



<u>Activity</u> 2 - Cut and paste the characters above the word they stand for. Try not to peak at the answers!! Discuss with your grown up...Which one is your favourite and why? Which one is your grown-up's favourite and why?



