



**WORLD'S  
LARGEST  
LESSON  
LIVE**

In partnership with

**unicef**   
for every child

**Follow-up activities**

# YOUR HEALTH AND WELL-BEING



## THINK

Let the video you've watched sink in and consider your own thoughts. How does the conversation relate to your own life? What was most interesting? How did it make you feel?  
[youtu.be/Yu8Lrg4lR8U](https://youtu.be/Yu8Lrg4lR8U)

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## DISCUSS

Imagine a world where *Global Goal 3: Good Health and Well-Being* has been achieved. In class groups or at home with your family, discuss the question:

**“What would a world where everyone’s health and well-being is cared for look like?”**

You might also want to consider these questions in your discussion:

- What are good health and well-being? What is the difference between the two?
- Who is responsible for our health and well-being?
- What steps are needed to achieve Global Goal 3?
- How do health and well-being affect society?



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## DO

Make a personal health and well-being plan with 5 goals to make you feel healthier and happier. For example: Take more time away from my phone; Exercise regularly; Spend quality time with family.

Write each goal using the SMART formula below, so that you have more chance of achieving them.

**S**pecific: What specifically are you trying to accomplish?

**M**asurable: How will you know you are making progress?

**A**ttainable: Can you actually realistically reach this goal?

**R**elevant: Is it something that will make a difference to you personally?

**T**imely: When do you plan to reach your goal?

Put your health and well-being plan somewhere you'll see it, and check it regularly to see how you are doing. Do you feel different? You might want to change it over time, as you learn more about your own health and well-being.

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## WHAT NEXT?



**Watch** this his Ted Talk from Robert Waldinger, Director of a Harvard study which tracked participants for 75 years to find out *What makes a good life?*

[www.youtube.com/watch?v=8KkKuTCFvzI](https://www.youtube.com/watch?v=8KkKuTCFvzI)



**Follow** activists for mental and physical health on social media, starting with: Amika George, Scarlett Curtis, Natalie Robi Tingo, Dr Elvis Eze and Dexter Galban.



**Speak up** for health, whether that means your own needs or supporting the health and well-being of others in your community. Set SMART goals and make a difference!