



Observation diary „Healthy lifestyle – eating, moving, sleeping.

Aim: Students are aware of their habits of eating, moving and sleeping. Students can draw conclusions and analyse the steps that need to be made to change something to become healthier and more active. Students practice working in groups and making conclusions.

Keywords: active lifestyle, healthy food, health, sleeping, digital tools

Subject: Human science, natural science, maths

Age: 7-12 year students

Duration: At least 2x 45 minute lessons.

Instruction:

1. Before filling in the observation diary, discuss with the students in class about healthy food, sports and active lifestyle, sleeping time, the use of digital equipment.
2. Discuss and write down the benefits and threats for each topic (in group work). Also add the possible solutions.

Teacher may ask clarifying questions like:

Sleeping: how does a person feel if he/she has had enough sleeping? What are the normal sleeping hours? Why does it differ by age? What happens if we have lack of sleep? What should be done to regulate the sleeping time?

3. After that look through the observation diary (annex 1) together and agree on the time period as well as the place where you fill in the table (at home or in school).
4. It would help students a lot if the whole family and teacher also fills in the diary.
5. At the end of the observation period, analyse the results in the classroom. It can be done individually, in pairs or in groups. Ask questions such as: How many of you had breakfast every morning? Let students ask questions and find solutions together. The expert may be included to analyse the results.
6. Present the conclusions in different formats. For example as charts, posters, stories, piece of advice (look at the annex 2).
7. It is beneficial to fill in the observation diary in different periods for example in the beginning of the year and at the end to see if anything has changed after you first talked about the results, consequences etc.



Annex 1. Observation diary „My healthy life style“

Name:

Class:

Time period:

EATING	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast (name what you ate)							
Lunch (name what you ate)							
Dinner (name what you ate)							
Fruits, vegetables (what and how much)							

What do you think how healthy was your food? Colour. 1 apple – not healthy at all, 7 apples – very healthy)



Explain what should you continue or change

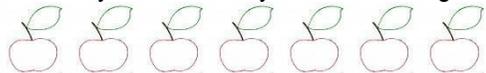




MOVING	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sport/moving in the school (write down the minutes)							
Sport/moving at your free time(write down the minutes)							
Time spent in front of the computer, phone etc or TV at your free time (write down the minutes)							



What do you think, did you move enough during the week? Colour. 1 apple – didn't move enough, 7- moved a lot)



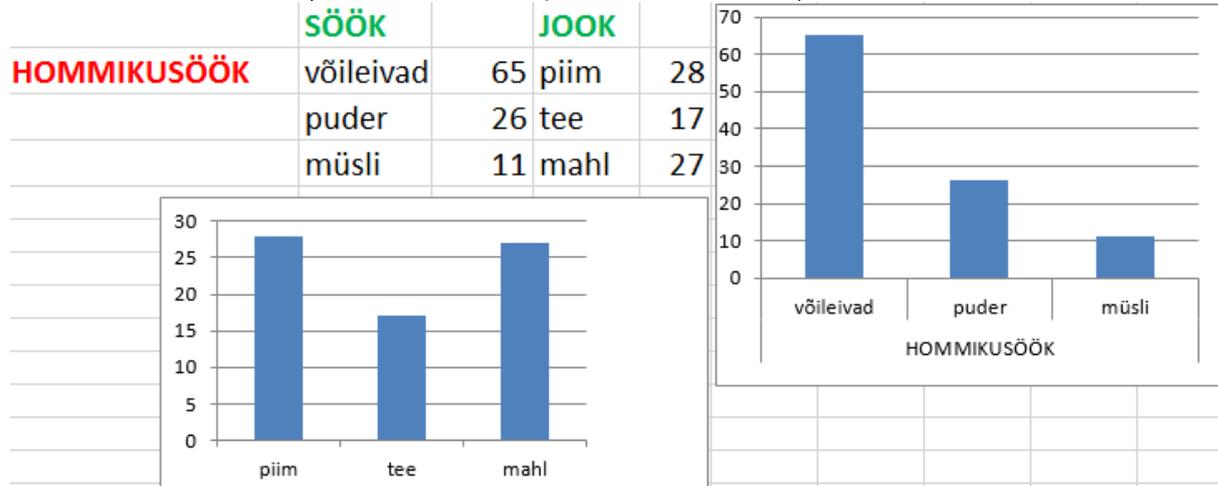
Explain what should you continue or change

SLEEPING	Sunday/ Monday	Monday/ Tuesday	Tuesday/ Wednesday	Wednesday/T hursday	Thursday/ Friday	Friday/ Saturday	Saturday/ Sunday
Fell asleep:							
Woke up:							
Sleeping time together:							

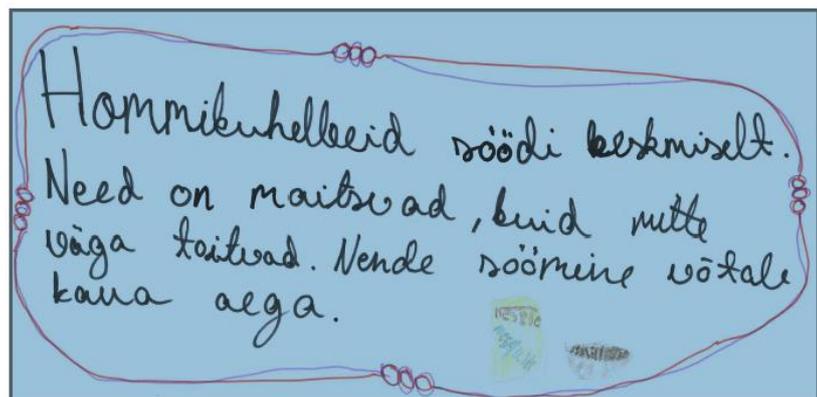


Annex 2. Examples of conclusions

1. Conclusions as charts (can be done in computer or maths lesson)



2. Conclusions as stories advice



of

3. Conclusions as posters.



SOOVITUS:

Soovitame liikuda palju rohkem kui enne te seda teete. Proovige uusi spordialasid ja olge tublid!

