



LITHUANIA'S GOALS FOR THE PROJECT

What do we want?

- We would like our school teachers and pupils to be more active and healthy
- Students as planners and creators of their break time
- Teachers with their pupils spend more time outdoors
- Teachers and pupils are involved in choosing and eating more healthy food
- Longer breaks
- Arranging of the playground in the school yard
- To use Swedish experience to find possibilities for teachers to relax and exercise or do any sports activities at the sports clubs
- To involve parents in healthy and active activities