

PowerSkills



Healthy Schools Healthy Communities

Healthy Schools - Healthy Living - Healthy Families



Thinking Green!

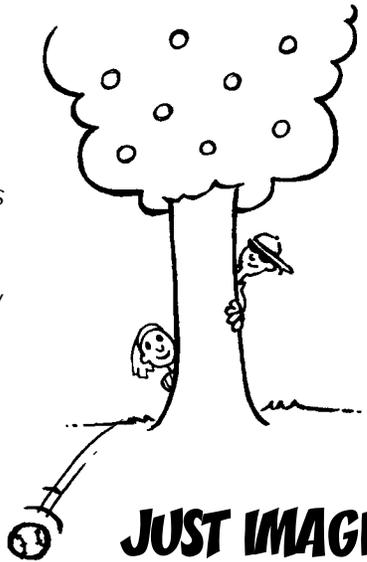


In many schools there has been an increased emphasis on greening of schoolyards and school interiors. Indoor tropical plants in the hallway and foyers add beauty and creates a welcoming atmosphere. In the schoolyard, the addition of trees and shrubs provide sun protection and a more natural environment.

Peace gardens, herb gardens, etc. offer a chance to study in a "natural classroom".

Make a scale drawing of your schoolyard. Design a schoolyard that has less concrete and pavement and more natural areas.

Involve your community members - establish a 'sponsor a tree' program or a planning group.

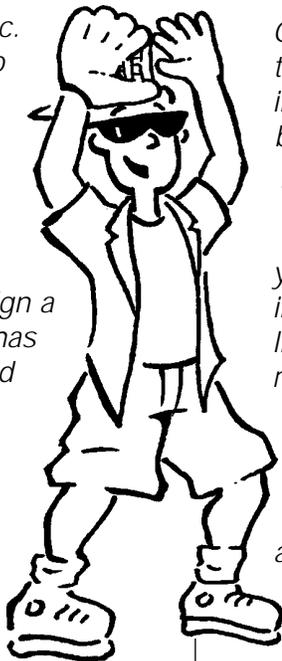


JUST IMAGINE!

One of the best techniques top/professional athletes use is imagery to help them perform their best. They picture themselves participating in the sport and see themselves succeeding to reach their personal best. Everyone can use imagery to help them stay focussed and think positively. Let's try it out!

Here's an example: Imagine playing baseball with your family and friends. Your friend hits the ball high into the air and you have to run to catch it. It seems like a difficult one to catch - your heart starts to race in excitement. You get your body behind the ball, your glove is wide open ready to cradle the ball - whoosh...you did it, you make that incredible catch. Your teammates are ecstatic and you feel incredible - you are so proud of your accomplishments and you jump for joy!

Now you try it out. Find a quiet, comfortable spot. Close your eyes and imagine yourself participating in your favourite physical activity. Describe what you saw and felt during and after the activity. With practise you will notice the difference!



Lead the Pack

Are you tired of doing the same old thing at recess? Want to take on an awesome leadership role and make a difference for everyone in the school? Here's your chance. Invent a new physical activity or variation of the activities in the PowerSkills package. Teach your activity to your school mates or younger students. See how much fun recess can be.

Here are some things you will need to consider:

- Permission from the teachers
- Seasonal activities
- Safety

Be creative! Use different types of equipment (i.e. sock balls, frisbees, sidewalk chalk). Make sure your equipment is environmentally friendly!

