

## Health & Wellness

**Purpose:** This class can earn a health credit for homeschoolers. Your child learn about the importance of physical, mental, and emotional wellness while understanding how your health contributes to all.

**Format:** This is a 6-week class. At the beginning of each week there will be a pre-recorded video sent out along with any necessary worksheet. The student is expected to look over the material and participate in the activity, if applicable. (If they have any questions, they may email me for help). I will hold a short live class (about 25-30 minutes) Wednesday or Thursday to make sure they understand the material, answer questions, and do any fun activity. Participation in live class is not mandatory but strongly encouraged. Groups of children around the same age/grade level is necessary as I will be gearing the content towards each age group.

**Week #1:** Hygiene: Depending on age level, will include such topics as shower/bathing, teeth care, deodorant wearing, hair and nail care, washing hands, etc.

**Week #2:** Physical Fitness: We will go over the types of physical fitness (ex. Yoga, swimming, playing sports) and how to self-motivate ourselves to do this instead of screen time or other sedentary activities.

**Week #3:** Nutrition: We will talk about a healthy diet, how to get our vitamins, minerals, fat, proteins, and carbohydrates that we need. We will also discuss “My Plate” and more.

**Week #4:** Mental Wellness/Self-Care: We will discuss emotions and what they look like, ways to de-stress (meditation, music, etc.), and healthy relationships (friends, family, work, etc.).

**Week #5:** Illness: Sickness is inevitable, so what do we do when we get sick? We will talk about ways to help care for ourselves when we get a cold/flu, allergies, etc.

**Week #6:** Complementary and Alternative Medicine (CAM): In this week, we will talk about various natural ways to stay healthy or help alleviate symptoms. We will discuss such methods like massage, acupuncture, tai chi, herbal remedies, etc.

NOTE: *These subheadings cover a wide range and may or may not be discussed depending on the age group.*