

Health & Wellness Club Activities and Intra Competitions for the  
Month of October 2024

 **CLUB ACTIVITIES**   
**CLASS I & II**

**ACTIVITY**

Vegetable printing

**DATE:** 23.10.2024

**AIM**

To enable the students to learn about different vegetables and their textures, as well as develop fine motor skills and creativity.

**MATERIAL REQUIRED**

- Medium size paper or chart sheet.
- Fabric paints / Watercolour paints
- Paint brush
- Vegetables (e.g., half lemon, lady's finger) ( Students can bring their own different veggies)
- Butter Knife ( If needed)

**PROCEDURE**

1. Chosen vegetables will be brought by the students.
2. Students will be assisted by teachers in cutting the vegetables into slices.
3. The slices will be coated with paint using a paint brush or roller.
4. The painted vegetables will be stamped onto the paper by the students.
5. The print will be revealed when it is lifted by the students.
6. Students will be encouraged to experiment and print in their own unique way.

**LEARNING OUTCOME**

Students will have identified and differentiated between various vegetable textures, discovering how different surfaces create different print effects.



# INTRA COMPETITIONS



## TOPIC

Healthy and Hygienic food posters

DATE: 30.10.2024

## MATERIAL REQUIRED

- Medium size paper or chart sheet.
- Markers, crayons, colour pencils
- Glue
- Magazine/ Newspaper Pictures

## CRITERIA FOR JUDGEMENT

1. Presentation
2. Artistic Skills
3. Creative ideas
4. Social Impact

## LEARNING OUTCOME

Students will have learnt about healthy food habits and hygienic practices.

*All the best*