

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

CLUB ACTIVITIES

CLASS VI - VIII

ACTIVITY

Health and Wellness of the world - Painting

DATE: 23.10.2024

AIM

To create a visual representation of health and wellness from around the world, promoting awareness and appreciation for diverse cultures and practices.

MATERIAL REQUIRED

- Medium size paper or chart sheet.
- Fabric paints / Watercolour paints
- Paint brush
- Markers/ sketch

PROCEDURE

1. Painting will be started, using vibrant colors and bold brushstrokes to represent the diversity of health and wellness practices.
2. Symbols, icons, or imagery from various cultures will be incorporated.

LEARNING OUTCOME

Students will have gained an appreciation for diverse health and wellness practices from around the world.

INTRA COMPETITIONS

TOPIC

Fruits & Vegetable - Carving

DATE: 30.10.2024

MATERIAL REQUIRED

- Students can bring fruits and vegetables (Students can either with fruit or vegetable carving)
- Child Friendly Knife

CRITERIA FOR JUDGEMENT

1. Creativity
2. Presentation
3. Neatness
4. Innovation

LEARNING OUTCOME

Students will have built confidence and imagination as they explore their creativity and self-expression, thinking outside the box to create unique and visually appealing designs.

All the best