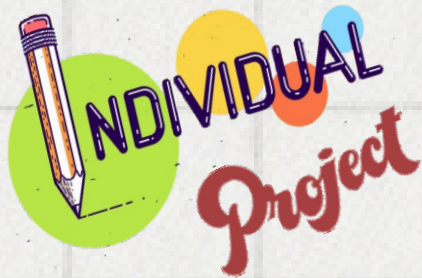


VALUE - Health & Hygiene GRADE - 09 Stay Strong



01



Sleep Well

- Monitor sleep daily for 3 weeks using a worksheet.
- Track timing, sleep behavior, environment, and food intake.
- Note mental state before sleep each night.
- Write a report on challenges faced and solutions found.
- Seek help from teachers or family for sleep troubles.

02



Know your Family

- Ask parents and grandparents about their health issues.
- Learn what they do to manage their health issues.
- Example: grandfather has diabetes, takes medication, follows strict routine.
- Gather information on whole family health issues.
- Understand illness remedies and coping mechanisms in the family.

03



Know your body and mind

- Develop stronger personal relationships by knowing body and mind.
- Gain a sense of belongingness through self-awareness.
- Reduce insecurities by listing down personal strengths and weaknesses.
- Improve resilience through knowledge of body and mind.
- Foster self-connection to build a stronger, confident self.

04



Sharing Experiences and Reflecting

- Finally, students will share their experiences, discussing the steps they took and how they felt during the process. This sharing can be done through written reflections, or creative presentation or by preparing a worksheet or a short video.

CAPTURE IMAGES, VIDEOS OF ALL THE 4 STAGES OF THE PROJECT AND COMPILE AND SHARE THE FINAL PROJECT WITH LINKS OF IMAGES AND VIDEOS IN WWW.HEMVIRTUES.COM