



Health & Wellbeing



Accredited Youth Work Programmes
9 – 13 Years

This booklet belongs to:

.....

The name of my Youth Club is:

.....

Session 1: Getting Active (Physical Health)

List 2 reasons why physical activity is important.

1.

2.

Identify and explain two things that you will do more often to become more physically active in your daily routine.

1.

2.

Session 2: Physical Inactivity (Physical Health)

Identify one barrier to physical activity and provide a solution to overcome this.

Barrier Experienced	Solution

Session 3: Increasing Confidence (Social Wellbeing).

In journal format, discuss what confidence is important and why it is needed.

Session 4: Building Positive Relationships (Social Wellbeing)

Identify a relationship you have in your life and explain why it is positive.

Explain why communication is important when building positive relationships.



Session 5: Young People & The Internet (Social Wellbeing)

Freddie is a 13-year-old who has accounts on TikTok, Instagram, Facebook, YouTube and plays Fortnite each night. He has stopped socialising and stays up late most nights playing online games. When you ask why he has missed football the past month, he says he is online with his friends. What do you advise for Freddie? I.e., what controls can be put in place?

Session 6: Understanding Our Emotions (Emotional Wellbeing)

Identify two strong emotions that you will experience and explain why this may occur.

Emotion One:

Emotion Two:



Session 7: Managing Emotions (Emotional Wellbeing)

Using the two emotions identified above, explain what actions you can take to manage these emotions.

Emotion You Experience	Action to Manage This
Emotion 1:	
Emotion 2:	

Session 8: Self-Care (Emotional Wellbeing)

Based on learning from this session, explain below how you will include more self-care into your daily schedule.

I will include self-care into my daily routine by.....

Session 9: The Eatwell Guide (Healthy Eating)

In the box below, list the five main foods groups outlined in the Eatwell Guide.

1.
2.
3.
4.
5.

How many glasses of water should we drink each day? _____

Session 10: Re-Think Your Drink (Healthy Eating)

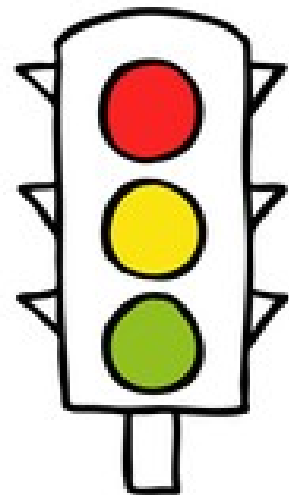
Explain why it is important to drink water.

Select a drink for each of the areas of the traffic light system.

Red (Drink very rarely): _____

Amber (Drink occasionally): _____

Green (Drink each day): _____





I certify that all work is my own.

Signature: Date:

Tutor Signature:

