



Funded by the
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PROJECT „DO SOMETHING GOOD FOR YOURSELF“ WORKSHOP

- Teams divided into 4 groups according to the countries
- Duration: 1 hour

AIM: „Balanced child’s schedule“ - to prepare a plan of daily activities for parents and teachers of how a student’s day (from the morning until the evening) should look in order to prevent obesity or reduce it.

✦ food ✦ sleep ✦ leisure ✦ sports ✦ other activities

Present it to your colleagues😊

