

LOVE DRAMA

Curriculum for Excellence Workshops



Health and Wellbeing: | Healthy Living 1 | Harriet the Healthy Fairy

Content

This workshop explores healthy eating, 5-a-day, food groups, vitamins and the importance of exercise. Pupils will embark on an adventure with their Love Drama facilitator in role as Harriet the Healthy Fairy. Harriet has a host of magical tricks up her sleeve and in her magic wand which will transform the world into a wonderfully healthy place. Pupils will work in role as health experts and assist Harriet as they all travel to many exciting places and meet some rather interesting people.

Learning Level

Suitable for early and first stages with information and delivery adapted to the needs of your class.

Space

A large clear space, most suitable would be either a gym or assembly hall.

Time

60 minutes

Additional Information

Healthy Living Workshops are most popular during a school's Health Weeks, but can be booked at anytime of the year to promote all aspects of healthy living amongst pupils. Our Healthy Living Workshops are designed to be a fun, active and challenging way of exploring health issues.

As with all of our workshops it is extremely important the class teacher stays with the group at all times. This ensures that the learning experiences and outcomes are shared and that our workshops contribute effectively to the development of each and every young person.

Love Drama prides itself on creating a bespoke service that meets the needs of its clients. Love Drama is flexible and responsive to individual requests and the dissemination of all workshops can be tailored to complement the outcomes and experiences you have included in your forward planning. You may choose to work with us in a one-off session, over four weeks or for the duration of a term, in order to create a learning experience that effectively supports all participants. If you have any queries regarding participation within these workshops, please do not hesitate to contact us.