

Be Healthy Planet

In this program children will reinforce their English while they learn about important topics for their health, such as the prevention of diseases, the importance of physical exercise, nutrition or hygiene to avoid infections. Through crafts, games and theater, they will learn without realizing it.



- ★ STEAM
- ★ ENGLISH LEARNING
- ★ ACADEMIC SKILLS
- ★ PERSONAL GROWTH



Better Planet

Introduction to Program Objectives

3 to 6 Years old

Going for a stroll

- Learn to behave on the street
- Gain autonomy and be self-sufficient.
- Know the rules related to being on the street.
- Learn strategies for being in the street: crossing street, standing in front of garages, not playing ball, not shouting, etc.
- Introduce students to the English vocabulary associated with street safety.



Getting dressed

- Learn to dress without the help of an adult.
- Gain autonomy and be self-sufficient.
- Gain self-confidence.
- Learn strategies for getting dressed: zip zippers, fasten buttons...
- Be introduced to English vocabulary associated with getting dressed.

Let's eat

- Learn to behave at the table
- Gain autonomy and be self-sufficient.
- Learn to chew with your mouth closed, not to make noise when drinking and to wipe your mouth with a napkin
- Be introduced to the English vocabulary words associated with table manners.



Introduction to Program Objectives

7 to 11 Years old

Clean hands

- Raise awareness about the importance of washing hands correctly and introduce the children to the English vocabulary words associated with viruses and colds.
- Promote, in a fun way, the importance of the fighting against germs while allowing the kids to playfully practice their new English vocabulary words.



More than video games



- Teach children that video game consoles are just to be played with for a while.
- Encourage children to learn traditional games by teaching games played by their parents and teachers when they were little.
- Introduce children to some English vocabulary associated to videogames.
- Work children's psychomotor skills.

My friend the air

- Understand the importance of breathing for our bodies.
- Learn to control breathing, both in intensity and rhythm.
- Be introduced to English vocabulary associated with breath.
- Be introduced to slow and deep inhales, air retention and exhalation.



Theater Plays

Spikey's breakfast- 3 to 6 Years old

Spikey feels tired because he hasn't had breakfast. He has no energy and the **Bacteria Sisters** try to take advantage of this by infecting him and making him sick. His friend **Kate**, with the help of the kids, will prepare a complete and healthy breakfast for Spikey. After his breakfast he will get his energy back.

Children will then understand the importance of healthy food intake to be able to grow strong and healthy, and so that the evil bacteria won't infect them.



Spikey and the SuperHealthy Heroes- 7 to 11 Years old



The **Bacteria Sisters** want to infect **Spikey** and get him so sick that he has to stay in bed without being able to play. Luckily, his friend Kate and the kids will help him by calling on the funniest superheroes: **The Super-Healthy Heroes: Supershot, Mr. Good Food, Excercisor and Hyperhygiene**, who will have to fulfill the mission of saving Spikey from bacteria. **Children will learn** the importance of eating a balanced diet and exercising often as well as why hygiene is vital for our bodies and vaccines are good for our health.