

YEAR 8: HEALTH WORKSHOP



“A mentor is someone who allows you to see the hope inside yourself.” - Oprah Winfrey

WORKSHOP DESCRIPTION

This workshop focuses on the importance of mental and physical health, and the link between the two. Participants gain an understanding of movement, nutrition, recovery and mindfulness and how this enhances feelings of positive wellbeing and improves overall focus and mental health.

WORKSHOP OUTCOMES

- Recognise movement as a fundamental aspect of health
- Understand the importance of rest and recovery for both body and mind
- Learn how good nutrition and hydration enhance wellbeing
- Explore how mindfulness can relieve stress, improve sleep, and boost mood
- Set a personalised health goal to drive awareness and positive change

HOW TO BEST SUPPORT DURING THIS WORKSHOP:

- **Be alongside the youth:** Participate in activities as if you were one of the students. Engage in discussions about health to build trust and connection.
- **Model courage:** Some activities may push students out of their comfort zones. Your willingness to step up will encourage them to do the same.
- **Ask thought-provoking questions:** Help students reflect on their health by asking questions like, “How does movement or healthy eating make you feel?” Encourage them to explore their own ideas rather than providing answers.
- **Connect movement to individuality:** Not everyone loves sports, and that’s okay. Guide students to think about types of movement they enjoy—whether it’s dance, walking, or something unique to them.
- **Embrace the journey:** This workshop is about discovery, not perfection. Your active involvement and curiosity will inspire the same in the youth.