

## ART AND CRAFT FOR HEALTH

### Healthy lifestyle poster

**PROVIDE:** three large coloured circles/squares, large sheet of cardboard, scissors, glue, computer access, markers

**MAKING:**

- Discuss the three main ways to be healthy: eating well, being active and healthy in mind. Consider pictures that symbolise each of these.
- Browse internet sites for images for each aspect of a healthy lifestyle. Print relevant ones and cut to fit circles.
- Glue onto cardboard circles/squares and then onto cardboard.
- Add labels for each aspect and a title for the poster.

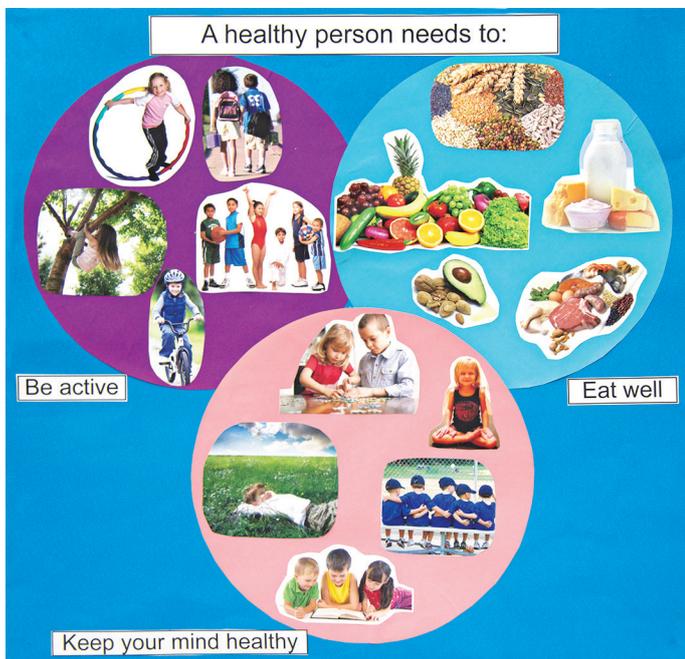
**RESPONDING:** Display and discuss. Does the poster adequately tell how to be healthy?

**Australian Curriculum The Arts links**

(Visual arts): 1, 2, 3 (Refer to table below.)

**Australian Curriculum Health and Physical Education**

Recognise situations and opportunities to promote health, safety and wellbeing (ACPPS018) <sup>AC</sup> —Year 1 and 2



### Healthy Henk and Unhealthy Ustin

**PROVIDE:** 2 x large pink paper circles (stomach), 2 x large white circles (front/cover with title), 2 x smaller white circles (head), scraps of pink paper for hands and feet, scissors, pencil, coloured crayons, glue, stapler, four strips pink paper to fanfold for arms and legs

**MAKING:**

- Draw head of Unhealthy Ustin on one small white circle and head of Healthy Henk on other with coloured crayons.
- Glue each head to top of large white circle.
- Staple large pink circle to front of large white circle at the side so it opens like a book.
- Copy or have an assistant write the title on the front of the pink circle.
- Open cover and draw appropriate foods on large white circle stomach of each character using coloured crayons.
- Fanfold strips of paper for arms and legs and glue or staple to body.
- Draw and cut out hands and feet from scrap pink paper. (Simple circle, oval or rectangular shapes are sufficient.)

**RESPONDING:** Discuss whether this was a good way to show the differences between eating well and not (and the results!). What other art or craft could give the same information?

**Australian Curriculum The Arts links**

(Visual arts): 1, 2, 3, 4 (Refer to table on page 23.)

**Australian Curriculum Health and Physical Education**

Recognise situations and opportunities to promote health, safety and wellbeing (ACPPS018) <sup>AC</sup> —Year 1 and 2

### Australian Curriculum The Arts links (Media arts)

**Content descriptions**

1. Explore ideas, characters and settings in the community through stories in images, sounds and text (ACAMAM054) <sup>AC</sup>
2. Use media technologies to capture and edit images, sounds and texts for a purpose (ACAMAM055) <sup>AC</sup>
3. Create and present media artworks that communicate ideas and stories to an audience (ACAMAM056) <sup>AC</sup>
4. Respond to media artworks and consider where and why people make media artworks, starting with media from Australia including media artworks of Aboriginal and Torres Strait Islander Peoples (ACAMAR057) <sup>AC</sup>