#### **School Health Education**

1st. – 8th. May



#### Despite the distance!

Despite the distance, we are here.

Despite the silence, we still have a voice.

Despite the restrictions, we want to "hug you".

Despite the lockdown....

We are present!

And despite all this, we want to keep on being present and bring a little joy to your week. So, we would like to set a **challenge**:

Challenge@1:Shelter yourself! Hold yourself! Enjoy life!

Click here: https://www.youtube.com/watch?v=h3UCLpE8fzQ

School Health Education... a very short and meaningful expression.

## School Health Education 8th. - 15th. May **Protect yourself** without stress! **World Hand Hygiene Day**

#### Here we are again!

#### Washing our hands is a way of protecting!

Let's do it with responsibility, tranquility
... Stressless!

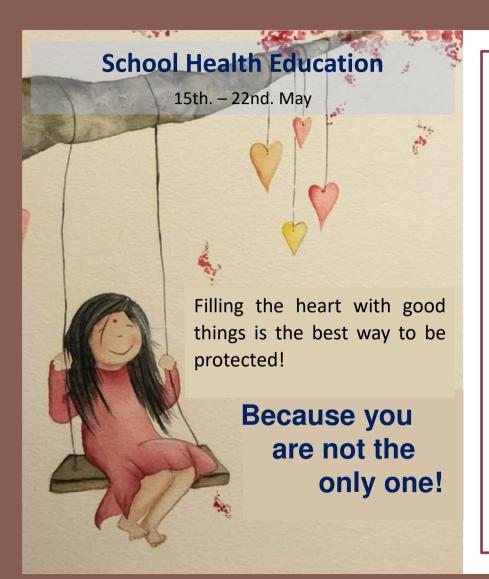
Challenge @2 :Protect yourself without stress!

Click here: : https://www.youtube.com/watch?v=TAFtnRqGjiw

Despite the distance...

We are present!

School Health Education... a very short and meaningful expression.



#### Here we are again!

#### Together we are stronger!

We are going to be able to hug again!

Challenge@3: Because you are not the only one!

Click here: https://www.youtube.com/watch?v=b56ontWl6Qk

Despite the distance...



We are present!

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#### **School Health Education**

22nd. - 29th. May

#### Here we are again!

Being **gentle** is wonderful. It's like opening the awakening **new feelings** and allowing **love** to fly!

Challenge@4: Some people can hug you with a smile!

Click here: https://www.youtube.com/watch?v=A6PWu3EH7Xw

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# **School Health Education** 29th. May – 5th. June Protect yourself when you go to the

supermarket!

#### Here we are again!

Going outside demands a lot of caution and respect! Stay at home, if possible!



### Challenge@5:Protect yourself when you go to the supermarket!

Click here:

https://pt.calameo.com/read/00629132489cfbab5ffc7?utm\_source=platform&utm\_medium=email&utm\_campaign=book\_created&utm\_content=html&utm\_term=6291324

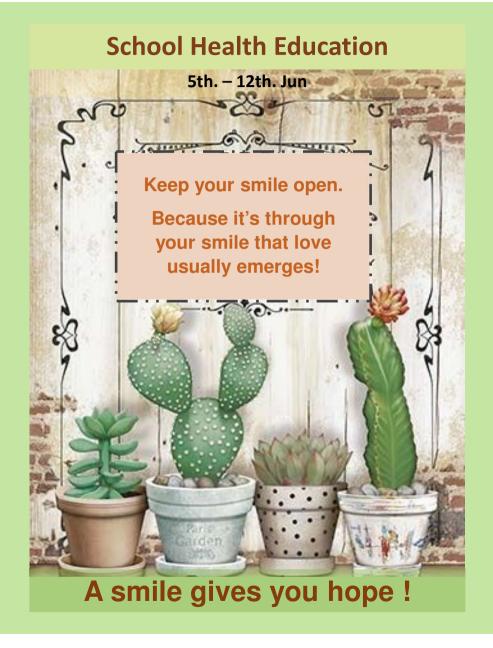
Despite the distance...

We are present!

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#### Here we are again!

Smile... Smile...

After all these weeks, we already know some things about you:

- 1. you haven't read half the words "smile..."
- 2. you haven't found out that one of them is misspelt.
- 3. you went back to check.
- 4. now you frown and smile at the same time because we cheated on you...
- 6. you can't say SHE with your leaps sealed.
- 7. now you have just tried to do it.
- 8. you smile again.
- 9. you were so focused on your smile, that you jumped step number 5.
- 10. you went back to check on number 5.

You smile again..... Mission accomplished!

Despite the distance ...

we are Present!

Challenge@6 : A smile gives you hope!

Click here: https://www.youtube.com/watch?v=kEeJM 7Xv w

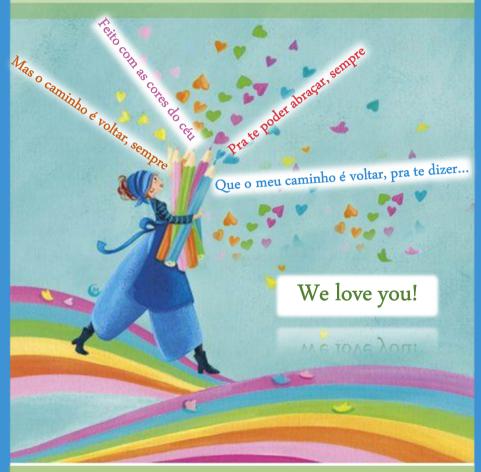






#### **School Health Education**

19th. - 26th. June



The way is to come back to you, to be able to hug you...we love you!

#### And it's come to the end!



- There are things that are better if shared
- There is no place in the world where you don't fit
- There is no one in the world like you!

Challenge@8: The way is to come back to you, to be able to hug you...we love you!

Click here: https://youtu.be/9BE1fyFn8Kc



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We are Present!



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School Health Education 2019/20

