

Be Active

Connect

Give

Keep
Learning

Take
Notice

The Art of Wellbeing

Stage: All

Duration: 60 minutes

Resources:

- Printable Five Ways to Wellbeing icons
- Art Paper
- Art resources
- Printed entry forms

Learning Objectives:



Identify actions that promote health, safety, wellbeing and physically active spaces .



Recognise and demonstrate protective behaviours



Select different materials and techniques to make artworks that visually express their experiences and ideas

Prior knowledge:

It is recommended that all students will have completed a prior lesson relating to the Five Ways to Wellbeing.



Warm Up 5 minutes	Briefly revisit the prior lesson, giving a summary of the Five Ways to Wellbeing.
Creative Exploration 40 minutes	<ol style="list-style-type: none">1. Explain that the students need to create a 2D art item or digital image that represent their ideas of what Five Ways they use, or could use, in their life — whether at school or at home.2. Model the lesson by showing a previous entries or classes 2D work.3. Asks the students to identify which of the Five Ways they intend to create as an artwork. They could focus on one or more of the five of the ways.
Wrap Up 15 minutes	Each student completes the entry form with an emphasis on the artist statement - explaining their artwork and how its theme helps their wellbeing.
Artwork collection	Hard copies of the artworks will be collected by the Health Promotion Service from Week . If you have not yet organised a collection date please email the team on SWSLHD-Wellbeing@health.nsw.gov.au or call 0459 860 681