



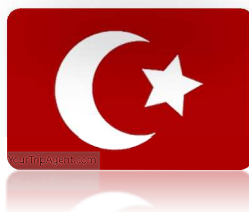
CRISTINA MARIANA LĂZĂRESCU

GHID METODIC

CONEXIUNEA DINTRE SĂNĂTATE ȘI RUTINA ZILNICĂ

”CONNECTION OF HEALTH AND DAILY ROUTINES”

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Erasmus+ Project KA229 School Exchange Partnerships

« *CONNECTION OF HEALTH AND DAILY ROUTINES* »

2019-2022

The present book is a final product of this project which brought together 5 schools from Greece, Poland, Romania, Turkey and UK.

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HEALTHY * HAPPY * WONDERFUL

Live healthy. Be happy. Create a wonderful life.



HAPPY

LIFESTYLES



HEALTHY * HAPPY * WONDERFUL

Live healthy. Be happy. Create a wonderful life.

5 Healthy Habits for a Happier Lifestyle

Do you ever wonder why some people seem to be healthier and happier life than others? Happiness and health are more closely related than you think. If you are healthy then you will automatically feel active and happy. You just need to make some changes in your daily routine for a healthier and a happier life ahead. Here are some tips to develop a healthy lifestyle.

1. Drink warm water every morning:

Most of us carve for hot coffee or tea every morning. But drinking warm and pure water from a water purifier will make your mornings fresh and you will feel whole active day. According to a study drinking warm water every morning can improve your mood.

2. Exercise daily:

Try to wake up early in the morning. Sleep at least for 7 hours in the night. Make your exercise routine and follow it accordingly. Increase the intensity of your workouts slowly. Go for a morning walk daily as fresh air will give you refreshment and make you feel nice about yourself. Don't forget to keep yourself hydrated while your walk. Carry some clean and pure water. Buying bottled water every day will cost you much, buy water purifiers for your home and drink clean and healthy water.

3. Have a healthy breakfast:

To start your day healthy, you should give a low-fat and healthy breakfast to your body so that you remain active and don't feel fatigue during the day. Eating a healthy breakfast can make you feel good and light which makes you active. Avoid high-calorie options like bacon or pancakes and try to go for some healthy proteins and vitamins.

4. Stay positive:

Keep your mind positive and calm. Surround yourself with the positive people. Laugh every day as it will release endorphins, the hormones which helps to reduce stress from our brains. Meditate or pray for 5 minutes every day before going to sleep and after waking up. It will make your soul happier than before. Being positive will give you confidence in yourself and you can work more efficiently.

5. Keep yourself hydrated the entire day:

Doctors say one should drink a minimum of 8 glasses of water every day. Drink as much water as you can but make sure it's pure and safe. Browse the best purifiers in India to ensure the water that you're drinking is safe and pure. The key to your happiness and your health is within you, you just need to discover it. Change the way you see the world, change your vision and wonders will happen. The willpower to transform your mindset and making some changes in your habits will help you to live a successful life. Love your inner self and feel happy about yourself. It is the best way to lead your life happier and healthier.

Live healthy. Be happy. Create a wonderful life.

The first meeting of the project was held in London. It was started with an official welcoming and artistic moment. All five partners introduced each other and presented videos "**Let me introduce my school**" and five presentations of the teaching system from all countries: England, Romania, Poland, Turkey and Greece.



All participants took part at the conference to launch the project, shared the tasks and responsibilities, established the principles of communication, decided the working agenda and analysed the results of the initial questionnaires. In another day they participated at local examples of good practice: **fostering inclusion**, at one seminar: "**How to work with students with special needs (autistic spectrum disorder or speech, language and communication difficulties)**".



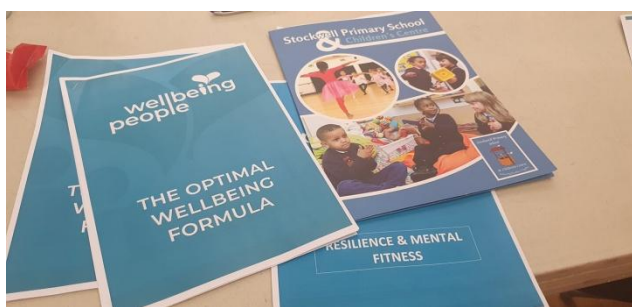
Live healthy. Be happy. Create a wonderful life.



During the project meeting there were two workshops: **“National initiatives to promote a healthy lifestyle for pupils”** and **“How to determine students to adopt a healthier lifestyle”**. The workshops were designed to give teachers the tools, knowledge and support they need to improve and upgrade their wellbeing and to apply to students. Participants discovered that changing their mindsets and lifestyle habits can boost their productivity, helping them to work smarter instead of harder.

At activity EU Food Fair – participants were asked to bring healthy food from their home countries for tasting.

Partners discussed details about what to prepare for the next meeting, details related to the project webpage and eTwinning project, introduced the Mobility Tool. There was a meeting evaluation too and some cultural activities.



Live healthy. Be happy. Create a wonderful life.



Life is never going to be all about fun, full of smiles and give you always an easy and enjoyable time. Everyone has their own challenges and emotions like sadness, anger, madness, loss are part of our human experience just like happiness or love. If we develop our emotional intelligence and see life as a place where we can experience all these emotions, we'll be able to feel better even when going through not so pleasant emotions like anger or sadness.



Live healthy. Be happy. Create a wonderful life.



HEALTHY

EATING

Healthy eating is important for many reasons, including fueling your body, acquiring necessary nutrients, lowering your disease risk, increasing your longevity, and promoting optimal mental and physical well-being.

Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals. Nutrition is important for everyone. Healthy eating has many benefits, such as reducing the risk of heart disease, stroke, obesity, and type 2 diabetes. A person may also boost their mood and gain more energy by maintaining a balanced diet. Healthy eating habits also include replacing foods that contain trans fats, added salt, and sugar with more nutritious options. Eating a healthy diet is not about strict limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health, and boosting your mood.

Healthy eating doesn't involve any particular diet. Rather, it means prioritizing your health by fueling your body with nutrient-rich foods. Include a variety of nutrient-dense, whole foods in your diet, taking care to limit highly processed items. You should limit your intake of ultra-processed foods and drinks like candy, soda, and sugary cereals, but that doesn't mean that you have to eliminate these items from your diet. Tips like cooking at home, grocery shopping, eating a lot of plant foods, choosing filling meals and snacks, and honoring your dislikes can help you create and maintain a healthy eating pattern.

Benefits of Healthy Eating for Adults

- May help you live longer
- Keeps skin, teeth, and eyes healthy
- Supports muscles
- Boosts immunity
- Strengthens bones
- Lowers risk of heart disease, type 2 diabetes, and some cancers
- Supports healthy pregnancies and breastfeeding
- Helps the digestive system function
- Helps achieve and maintain a healthy weight

Benefits of Healthy Eating for Children

- Keeps skin, teeth, and eyes healthy
- Supports muscles
- Helps achieve and maintain a healthy weight
- Strengthens bones
- Supports brain development
- Supports healthy growth
- Boosts immunity
- Helps the digestive system function

Four countries (Poland, Romania, Turkey and Greece) participated in the scheduled activities of the 2nd transnational meeting held in Larissa. During the welcome ceremony the partners got to know each other through the ice breaking activities and they also took a guided tour around the school. Bingo game promoted the involvement of all the students in the activities. In the context of the project the students of the four countries presented their projects on “Health and Sustainable development”. They proposed ways for healthy eating habits and proved how physical exercise impacts our mental and psychological well-being.



The students had the opportunity to learn about medicinal herbs and plants and their benefits. In teams they chose a herb, navigated in web sites, found photos and information about its characteristics and curing properties and all together created a padlet. After they planted some of these herbs at the school yard named the “Erasmus+ garden”.

Teachers and students visited the Eykarpia Farm, an alternative farm that produces medicinal and aromatic herbs. The owner gave them useful information about herbs and their benefits, they were guided around and collected



During the educational trip in Volos the partners visited the Museum of Insects. It exhibits about 100,000 species and the majority of them is butterflies. In Makrinitza-Pelion the Environmental Education Centre welcomed the teachers and students. The person in charge gave useful information about the medicinal herbs that flourish in the area and guided the partners in the area. They visited local shops that sell these products which plenty of people buy to treat illnesses or use them as beverages. They also learnt about the importance of olive oil and how to use it in a healthy diet. The partners enjoyed a visit to the National History Museum of Mushrooms in Kalambaka. It hosts a rich collection of mushrooms and a collection of birds and mammals, too. There are 250 different kinds of mushrooms and the partners were shown the three major phases of their development and the special locations they are found. They were taught how to recognize the poisonous ones as well. A special trip in Meteora was offered to the partners, a complex of Greek Orthodox monasteries which is included in the UNESCO World Heritage List. Six of the monasteries are built on immense natural pillars and hill-like rounded boulders that dominate in the local area. Visiting the Modern Archaeological Museum, the partners got informed about the history of the Thessaly region. The exhibits range from the prehistoric times to the early Christian and Byzantine periods. All the participants visited the Erasmus Park-“Park of friendship” where they planted a tree dedicated to their project and completed the evaluation sheets of the meeting.

During this mobility the partners had the chance to taste traditional Greek dishes and the famous Mediterranean diet. They got to know the Greek traditions, habits and customs and they also came in contact with the Greek everyday life and routine. They visited places of cultural interest renowned for their unique beauty and learnt about the long history of Thessaly. They worked on local herbs and plants, found out their favourable properties and their benefits for a healthy lifestyle. They tasted extra virgin olive oil produced in Pelion, a mountain full of olive groves, and realized its high nutritional value which rationally makes it the main food of the healthy eating pyramid. The Thessalian plain is the 2nd largest one in Greece with rich vegetation, biological cultivations and animal farms but unfortunately the covid19 restrictions didn't allow us to visit factories of dairy products or biological products as it had been referred to the application.





HEALTHY

MIND

AND

BODY

A HEALTHY MIND CAN LEAD YOU TO A HEALTHY BODY – AND A MUCH HAPPIER LIFE.



Benefits Of A Balanced Mind-Body Connection

Developing a healthy body and a healthy mind through a stronger connection between the two can do wonders for your well-being. This harmonious relationship will give you key tools to live a happier and more prosperous life through a vast array of benefits. **A Healthy Body is equivalent to a Healthy Mind.** For a long time, humanity has seen the mind and the body as two separate entities. Nowadays, we know that a positive relationship between the two of them gives us a powered immune system, more energy, and better stress management. All you need to do to experience these perks and change your life for the better is exercise, foster creativity, embrace human connections, follow a healthy diet, focus on the positive, and meditate.

Sports, or any physical activity, are crucial for a child's development and well-being. Whether organized by a school, a club or just a few friends in their free time, sports offer countless opportunities for a child's physical, social and emotional growth!

Physical Benefits - Getting active is important for young children who are at a stage in life where physical development occurs quickly. Specifically, sports help with physical growth in these ways: motor skills, bone and muscle development, stronger vision.

Social Benefits. Almost every organized sport is played with teams. The competition, and the team dynamic itself, comes with perks and lessons for a child: team skills, friend group, confidence.

Emotional Benefits. When it comes to developing emotional traits and qualities, childhood is an important time in a person's life. Organized sports not only help build a strong foundation for emotional growth, but also have some added benefits: self-esteem, lower stress, emotional recognition.

Sports and health go hand in hand, offering people all over the world, of different abilities and ages, the chance for happier, healthier and more productive lives. Regular physical activity helps prevent and treat noncommunicable diseases (NCDs) such as heart disease, stroke, diabetes and breast and colon cancer. It also helps prevent hypertension, overweight and obesity and can improve mental health, quality of life and well-being.

The normal practical activities of the mobility meeting in Poland promoted the principles of healthy lifestyle, healthy habits, healthy mind and body through doing sports and other physical activities. The children and teachers had a possibility to gain an insight about how people can connect through sports, they knew about the importance of physical activity on our bodies. One of the main benefits of sports and games, that were taken in Poland was to boost the physical and mental health of all students. Students knew that enhancing overall physical fitness, regular physical activity, active play and sports can have a positive impact on major health risk factors, such as high blood pressure, high cholesterol, obesity, tobacco use and stress; regular physical activity helps prevent and treat noncommunicable diseases such as heart disease, stroke, diabetes and breast and colon cancer.

SPORT SEMINAR AND WORKSHOP, DANCING, SINGING, VOLLEYBALL, RINGO



Sport copes with stress and reducing anxiety. That's why the children and teachers from all participated countries had a bike race through Poleski National Park. The children could also admire the beauty of nature of Poleski National Park, breathe the fresh air. To get the most relaxation and stress relief all the participants of this meeting had a visit to the swimming pool in Chelm. Other sport activities that took place at school in Poland -team sports -friendly competitions also developed the life skills of every student's personality. Such sport events enhanced the children's capabilities and helped them to have a better understanding of themselves. This meeting also helped in developing social skills and getting along with people. The children learned how to interact not only with children of their age but also with adults like their teachers. They understood that sport plays a valuable role as a communication, education and social mobilization vehicle.



**HORSE RIDING
CYCLING, HIKING**



The project activities strengthened team work, cooperation, sense of belonging and social cohesion. All participants and schools broadened their concept of having a healthy lifestyle in different European communities – in this way- in Poland and expanded the quality of the educational process. This unique experience contributed to supporting and understanding of the importance and impact that the lifestyle has on people, what should to be done in order to be healthy and active. The activities also boosted self-awareness and the idea that each individual is responsible of having a healthy lifestyle. Presentations „Healthy habits”, shown by every school- participant was also an excellent possibility to exchange good practices. The activities at school in Piaseczno gave children from Poland, Greece, Romania and Turkey the possibility to improve their knowledge in English because they used it as the language to communicate with each other.

WINTER SPORTS PLAYING, KARATE, SWIMMING, BOWLING





NATURE

FROM

A TO Z

Nature heals

Being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones.

Nature soothes

In addition, nature helps us cope with pain. Because we are genetically programmed to find trees, plants, water, and other nature elements engrossing, we are absorbed by nature scenes and distracted from our pain and discomfort.

Nature restores

Time in nature or scenes of nature are associated with a positive mood, and psychological wellbeing, meaningfulness, and vitality. The mood is improved after spending time outside, changing from depressed, stressed, and anxious to more calm and balanced. Furthermore, time in nature or viewing nature scenes increases our ability to pay attention. Because humans find nature inherently interesting, we can naturally focus on what we are experiencing out in nature. This also provides a respite for our overactive minds, refreshing us for new tasks.

From a young age, children should be educated in the spirit of a positive attitude towards the environment, with a view to the subsequent formation of consciousness, ecological behavior, favorable to a physically healthy lifestyle, mentally, emotionally and socio-morally. A connection with the school, representatives of the local community, environmental foundations and associations, etc. is necessary, which will constitute a bridge in the fight for the protection of the environment, its respect and maintenance.

Basic tenets of the psychology of environment

- Human dependence on nature validates evolution. We are more adaptive to natural settings than human-made habitats.
- Contact with natural light is therapeutic and has immediate positive effects on stress, blood pressure, and immune system.
- Strong connections to the environment enhance the person-space idea and increase environmental perception.
- Humans are always capable of improving the environment they live in.
- Humans are active adapters to changes in society and the environment. They reshape their social identities and affiliations according to the physical space they live in.

The topic of this meeting was **“NATURE FROM A TO Z”**. The activities from agenda was about nature impact our wellbeing, strengthen the relation people-nature, and encourage participants to develop nature behaviors (e.g. feeding birds, animals,etc).The working week started with an official welcome ceremony and students artistic moment and tour of the school. During the five days students from all participants countries took place in non formal activities, team building and cultural activities but and participated at study visits. In the mornings guest pupils attended regular classes. All activities were integrated into the school’s timetable.



Between the meeting in Poland and Romania, students from all countries prepared presentations about **"Nature values and benefits"**- connection between nature and people and share the impact of their actions on the environment and how nature affects our health. During the working days in Romania they shared their work. Also all partners organized **"World Health Day"** in their schools and during this mobility they presented the activities that took place and exchanged good practices. Romanian school organized the **"Europe Day"** – 9th May Workshop, there was a Kahoot Game too. During **"Dictionary" Workshop** students created the project dictionary and during the seminar **"The Programme Milk, Croissant and Apple"** (Programul Lapte, Corn si Mar is a EU Programme run by the Ministry of Education in all schools in Romania) students exchanged good practices. There were organized study visits: to the natural cave of Românești, archeological sites and Izvorul Miron Monastery situated closed to a mesothermal spring - **"The pond with fish"** and **"The lake with water lilies"**; **"Liman Valley"**- touristic complex. Another study visits was organized at **"Simeria dendrological and landscape nature reserve"**- protected area of national interest with a valuable collection of exotic and native plants from Romania and **"The medieval Deva Fortress"**- located atop a volcano in the Poiana Ruscă Mountain but also a visit to the medieval **Corvin Castle (Hunyadi Castle)** - Hunedoara city. Students learn about Romanian inventor, a pioneer of world aviation-**"Traian Vuia"** local museum too. Participating at **"EU Food Fair"** activity students and teachers brought healthy food from their home countries and pupils were invited for tasting them.



The practical activities promoted the principles of learning by doing and outside the classroom, promoted active learning and offered participants the opportunity to experience the benefits of spending more time in nature. Participants increased the connection with nature, became engaged in activities that promote natural beauty as pathways to feel close to nature and interest in their wellbeing. They gained confidence in using English, understood that nature plays an important role in our life and it keeps us healthy and active. The activities created the context to facilitate learning by doing and participants saw how the exposure to natural surroundings contributes to improve our health.



The outdoor activities helped them to understand that learning transcends the classroom and expand their environmental knowledge. They acknowledged the relation between people and nature and increase understanding on RO healthy lifestyle. Pupils gained an increased knowledge of what actually means eating healthy and greater cultural awareness of Romanian culture. This meeting was a unique opportunity for all participants to develop themselves as individuals, especially because they traveled to an area which pupils otherwise would not have been able to visit. Pupils learn by discovering the characteristics of basic living in RO, of local traditions, habits, customs, contributing in reducing stereotypes. The exposure to different accents made participants feel more confident in using English, and tackled their curiosity to learn other European languages, especially during the activity where they created “Project Dictionary”.



PEACE

AND

UNITY

Peace is the intersection where human health, environmental wellbeing, and kinship meet. Throughout human history, peace and unity have been the fundamental concepts. Throughout history, human minds have continuously been developing, characterized by interactions characterized by a close relationship between one another with regard to the defending from those around them or helping one another.

Peace results from the equitable distribution of resources, and acceptance of others' rights, religions, beliefs. Some people have cultural assumptions that uniformity is a virtue, and that the ideal society should have as little conflict as possible. These aren't hard facts; they're just cultural opinions. It is important to learn from other cultures. We can discover ways to improve our own lives by learning from people who live differently.

We can live equally peacefully in a 'unity in diversity' system. Diversity is something beneficial. There are so many things that we can learn from other cultures.

The gift of peace is indispensable for survival in your life: it provides you with an unconditional, compassionate companion whom never ceases to comfort you. If your mind is peace, you will be more relaxed and will be able to enjoy love vibrantly, intensely, and develop healthy relationships with each other.

HOW TO ACCEPT PEOPLE'S DIFFERENCES FOR A HAPPY LIFE

According to Maslow's hierarchy of needs, after our basic needs for food, water, and safety are met, our psychological needs are to belong and be loved.

In addition, the need for belonging includes feeling accepted and part of a group. This may be at home, school, work, or neighborhood.

Tolerance is when we agree that people from a different culture, religion, race, or sexual orientation may coexist with our own attitudes and beliefs. When we accept other people, we recognize that they have their own beliefs, preferences, feelings, and values without judging or criticizing them. It is when we welcome others by interacting without trying to change them.

Interacting with people who are different allows us to better understand our own values and beliefs.

In addition, when comparing and contrasting our life experience with the life of others, we get a better understanding of how similar our needs are.

3 Easy Tips to Accept People's Differences

The easiest way to accept people's differences is by focusing on what we have in common.

Regardless of our race, sexual orientation, or culture, we want to be understood, respected, and appreciated.

1 – Don't Take it Personally

2 – Assume the Best Intentions

3 – Take Care of Yourself

When we are in a good mood we may even feel sympathy and concern for what happens to other people who are different.



WE HAD WONDERFUL TIME WITH OUR RHYTHM TEACHER

In June, Turkey hosted partners from Poland, Greece and Romania in our country with the theme of “PEACE AND UNITY”. After the welcome and school tour on the first day, we gave information about our education system. We introduced the activities we do in our school for a healthy life.

During the five days, students from all participating countries participated in informal activities, team building and cultural activities and participated in study visits. In the morning, visiting students attended regular classes. All activities have been integrated into the school's timetable. Students presented their presentations in the conference hall. The students strengthened the communication between them by participating in the Rhythm dance activities.

Istanbul and its history, which has a very important place in world history, were presented to the participants. By organizing excursions to historical places, the evil of wars and the difficulties they cause people are shown. It was especially emphasized that the war of Ukraine and Russia also created drama for the people and that the wars ended in the world.

A BALANCED DIET IS MUCH MORE IMPORTANT THAN ANYTHING

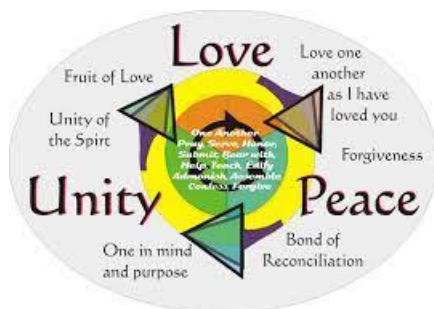




AS SOON AS THEY ARRIVED AFTER THE SCHOOL TOUR STUDENTS STARTED TO PRESENT THEIR WORKS ABOUT WELLBEING

In the morning, visiting students attended regular classes. All activities have been integrated into the school's timetable. Students presented their presentations in the conference hall. In this way, they saw both the education system and the project theme closely. The principles of hands-on activities, learning by doing and outside the classroom are encouraged. They have gained confidence in using English.

It has been a unique opportunity for students to get to know Turkish culture and to define Istanbul. Students also took part in activities that support 21st century skills and increase their digital competencies.



WE LEARNED A LOT ABOUT HEALTHY PLATES and NUTRITION



As the participants got to know different cultures and civilizations, they realized the common values of humanity and learned that these human values should be brought to the fore in order to avoid wars. Since it was the final meeting, everyone shared the achievements during the project process. We would like to thank everyone who supported the process management despite many negativities. We hope that the ongoing war ends as soon as possible before more people become victims.



**WE HAD SUCH
BEAUTIFUL
TIMES ALONG
BOSPHORUS**





THINK POSITIVELY
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
BUILD CONFIDENCE
WORRY LESS
READ MORE
BE HAPPY

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