

Connect learning with healthy eating habits & having fun!

Designed for kindergarten to grade 6 students, sessions are developmentally focussed and include...

- + Learning how to make **healthy food choices** in a **fun** and **interactive** way.
- + Developing good **eating habits**.
- + How to become **more alert** and **increase concentration**.
- + Being engaged and captivated through **story telling**, the colour of food and **drawing**.
- + **Sample** tastings of fresh seasonal produce in line with the government's **free fruit friday** initiative.

Sessions are flexible and can be designed to meet school requirements.

For bookings or more information contact Kim Bishop on **0400 049 618** or visit www.yu.net.au.



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Develop good body image & positive self esteem.

Designed for grade 5 to grade 6 students, these sessions are developmentally focussed and include...

- + **Supporting** students in understanding how to **build positive self esteem** by identifying with the things that make them **feel good**.
- + **Reinforcing** that each young person is unique and to **celebrate their individuality**.
- + **Having** fun with **exploring media imagery** and how it can make students think and feel.
- + **Looking** at **the power of words**: how communication can affect self esteem.
- + **Encouraging** students to **enjoy the way they look** but not let it rule their lives.

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