

Scouting at Home



A Healthy Lifestyle



PERSONAL GROWTH



Plan ▶

- What do you think a healthy lifestyle is?
- How do we identify being healthy compared to being unhealthy?
- What should we do more of?
- Can you identify something in what you do that could change to live a healthier life?
- Design a memory-jogger of things you should continue or do more of to continue to build a healthy life

Do ▶

- Develop your memory-jogger
- What parts of a healthy lifestyle does your item support?
- What parts of a healthy lifestyle are you missing?
- Does your reminder need to include all parts of a healthy lifestyle?

Review ▶

- How will you use your memory-jogger?
- Could your memory-jogger be used by other people?
- Were there any resources you needed that you didn't have?
- What actions are you going to take, or behaviours are you going to change, to make sure you live a healthy life?

Share your experience with your peers and discuss how each of you might tackle this differently next time