

ACTIVITY 2

LIVING OUR BEST LIFE



QUICK SUMMARY

In this activity, your family will be challenged to create a mural designed to inspire healthy living.

GET STARTED

Begin by watching, dancing, and/or singing along to the *Stay Healthy* music video. Encourage your family to think about the lyrics and the song’s message as you do. Then discuss: why do you think Mr. Reed wrote this song? What do you think he wants families to learn from it?

LEARN WHY

Make sure your family understands that the song’s message is summarised in the very first lines: “I’ve gotta stay healthy. I got one body, I’m going to treat it right.”

Since we only have one body, we need to take care of it. If we *don’t* treat our bodies right, we put ourselves at a higher risk for problems like noncommunicable diseases.

Noncommunicable diseases (or NCDs) are diseases that are not contagious. They are normally caused by lifestyle choices such as poor nutrition and lack of exercise, but they can also be influenced by genetic, physiological, and environmental factors. Type 2 diabetes, high blood pressure, and heart disease are three of the most common NCDs.

To be as healthy as possible and reduce our risk of NCDs, the rest of the song explains how to treat our bodies right by eating nutritiously, being more physically active, and getting a good night’s sleep.

TIPS FOR CRITICAL THINKING WITH A FAMILY MEMBER WHO HAS A DISABILITY:

- To facilitate asking these two questions, use the following strategies:
 - Ask them to tell you what they heard in the song
 - Ask them to tell you how they felt when they heard the song
 - Ask them to identify the problem/issue
 - Ask them to identify how they can solve the problem or issue
 - Then ask them to relate what they heard and identified to what Mr. Reed could have been thinking
- Be patient
- Allow your family member to ask questions
- Model answering the questions by sharing your thoughts
- Give them answer choices if they cannot independently answer open-ended questions

INCLUSION IDEA:

- Draw pictures of each family member
- Have each family member write the tips they hear or like on their own bodies with washable paint or markers

Once your family understands the gist of the music video, watch it a second time and listen a little more closely. As you do so, jot down some of the specific tips that the song gives in relation to the following three categories:

<i>Stay Healthy Music Video Tips</i>		
Eat Nutritiously	Move More	Other Healthy Decisions

APPLY

The suggestions in the notes that you jotted down above aren't the only way to be happy and healthy, and reduce your risk of noncommunicable disease. There are all kinds of ways to eat nutritiously and move more.

Discuss with your family: what can our family do to treat our bodies right and live our best life?

Consider what makes your family unique—such as your habits, routines, likes, and dislikes, as well as the meals, activities, and/or traditions that are important to you. Then write your own personal tips below for how your own family can eat more nutritiously, move more frequently, and continue to make other healthy choices.

Not sure where to begin?

- consider this: what kinds of physical activities does your family enjoy? For instance, if you all like playing football, could you commit to a once-a-week family football game? Brainstorm any kind of movement that could help your hearts beat faster, build muscle, or strengthen your bones! For physical activity ideas, check out <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>.

INCLUSION IDEA:

- Utilise leading questions or fill-in-the-blank statements to support family members who require assistance to participate in discussions
- If a family member has a difficult time responding, provide examples of how to answer or provide choice responses (e.g., “Would you ____ or ____?”)
- Allow more response time for family members with alternative forms of communication (e.g., icon communication, communication device, sign language)
- Allow options for how answers are shared (e.g., written, verbal)
- Have other family members go first to model an appropriate answer to this question
- Use your family drawings to represent each individual's uniqueness

- Or, what small changes could make your family meals more nutritious? For instance, could you switch the bread you eat from white to wholemeal? There are plenty of ways for your family to be healthy while enjoying food that is important to you! For tips on healthy eating, check out <https://www.nhs.uk/change4life>.

Then once you have some ideas, fill in the table below:

Our family can:		
eat more nutritiously by...	get moving by...	make other healthy decisions by...

LOOKING FORWARD

Now try to motivate each other to actually make these healthy lifestyle changes. Follow the instructions below to create a mural that inspires your family to live your best life each and every day:

1. Choose a location for your mural in or around your home. You may decide to paint directly on a wall (maybe on an empty spot in your home, in the basement, on the side of a building, or in your garage), or you could create your artwork on a piece of posterboard that you can hang anywhere. Try to choose a location that your family will pass frequently.
2. Develop your design! Your mural could be abstract or literal, and it could be made up of images, words, or a combination of the two. The *only* required element is that your design incorporates the healthy living tips that you just brainstormed and inspires your family to eat nutritiously, move frequently, and be healthy in ways that are realistic and important to you.
3. Gather supplies to help you bring your design to life. Depending on where you'll be creating your mural, you may want paint, markers, chalk, brushes, rags, etc.



4. Then, work together to create a draft design. You could sketch your design on a piece of paper or create it directly at the site location using chalk or a pencil. Give everyone a chance to add their own elements, and try to create a design that speaks directly to your family. Maybe you will add words in another language, include your favourite colours, draw a self-portrait, or incorporate an image of a place that has special meaning to your family.
5. When you are happy with the design, begin the actual mural. Keep adding and coming back to your artwork until everyone is confident that it will inspire your family to treat your bodies right and live your best lives.