

Healthy Young People

Additional HYP Activities

Adapt the Healthy Young People activities to suit the needs of the young people you are working with and the time you have available. This list suggests possible additional or alternative strategies to use.

HYP Activity	Learning Strategy	Additional Strategies
What does health and wellbeing mean to you?	<ul style="list-style-type: none">• Mind map	<ul style="list-style-type: none">• Create a visual diary to demonstrate understanding of health and wellbeing.• Concentric circles discussion strategy.
What is your HYP Mission?	<ul style="list-style-type: none">• Small group discussion	<ul style="list-style-type: none">• Use a 'stations' activity for groups to discuss each Mission separately.
How is your health and wellbeing?	<ul style="list-style-type: none">• Individual student reflection	<ul style="list-style-type: none">• Use a continuum line to discuss as a group.
How do you know if health information is reliable?	<ul style="list-style-type: none">• Explicit teaching.• Record observations on template.	<ul style="list-style-type: none">• Affinity mapping: ask students to write their responses to the question on sticky notes. Students group into similar categories to develop their own criteria for evaluating health information.• Students document their observations using social media (eg Instagram).
What are the facts?	<ul style="list-style-type: none">• Student research• Develop infographic	<ul style="list-style-type: none">• Explicit teaching of content by teacher.• Students teach another group what they have learned about their topic.
What's happening locally?	<ul style="list-style-type: none">• Develop list of services and	<ul style="list-style-type: none">• Invite a local community worker to discuss what services are available.

HYP Activity	Learning Strategy	Additional Strategies
	supports in the local community	
What's happening in your school?	<ul style="list-style-type: none"> • School audit tools. 	<ul style="list-style-type: none"> • Create a visual diary of what is happening in the school.
What is your dream for your school?	<ul style="list-style-type: none"> • Affirmative Inquiry discussion and template. 	<ul style="list-style-type: none"> • Develop a student survey addressing Discover, Dream and Design questions. • Can be omitted if POOCH activity is used.
How can you make the most difference?	<ul style="list-style-type: none"> • 5- Whys template. • POOCH template 	<ul style="list-style-type: none"> • Can be omitted if Discover, Dream, Design is used. • Investigate relationships between behaviours and consequences of suggested strategies using feedback loops.
How will you get others on board?	<ul style="list-style-type: none"> • Pitch template and verbal presentation. 	<ul style="list-style-type: none"> • Create a short video to tell others about the Mission.
Check in on your progress	<ul style="list-style-type: none"> • Progress Report template 	<ul style="list-style-type: none"> • Class/small group discussion or Think, pair, share using Progress Report questions.
Did you achieve your SMART goals?	<ul style="list-style-type: none"> • 6 Thinking Hats reflection template. 	<ul style="list-style-type: none"> • Each group participates in an impromptu panel discussion to share their thoughts using the 6 Thinking Hats. • Graffiti Wall