


The background features a light gray gradient with several realistic water droplets of various sizes scattered across the surface. A large, faint smiley face watermark is centered in the background. The text is rendered in a bold, orange, sans-serif font with a slight 3D effect.

Welcome back


Everyone 😊

Three Words

- Ask participants to agree on a random topic. It can be anything from food to dogs, to rugby. each person should contribute with three words.
- say the first three words that come to your mind. It does not matter if they make sense or not.
- After everyone is done saying their three words, choose one of those words and tell the class a story or a real life situation that you encountered related to that word.




NOT ONLY IS HEALTH ABOUT FOOD ... WHAT ELSE DO YOU GUYS THINK IS IMPORTANT?

- GET REGULAR EXERCISE. ...
 - LOSE WEIGHT IF YOU'RE OVERWEIGHT. ...
 - PROTECT YOUR SKIN. ...
 - DON'T SMOKE OR USE TOBACCO. ...
 - LIMIT SUGARY DRINKS.
 - CREATE A SLEEPING ROUTINE.
 - KEEPING YOUR BRAIN ACTIVE
- 



TELL THE CLASS ABOUT YOUR DAILY ROUTINE?

- WHAT TIME DO YOU GET UP?
 - WHAT ARE YOUR GENERAL EATING HABITS?
 - DO YOU HAVE A SCHEDULE SET UP FOR YOUR MEALS?
 - WHAT TIME DO YOU GET OFF WORK?
 - WHAT DO YOU DO FOR LEISURE TIME?
 - WHAT TIME DO YOU GO TO SLEEP?
- 



What is emotional nourishment ?

How can we deal with it?

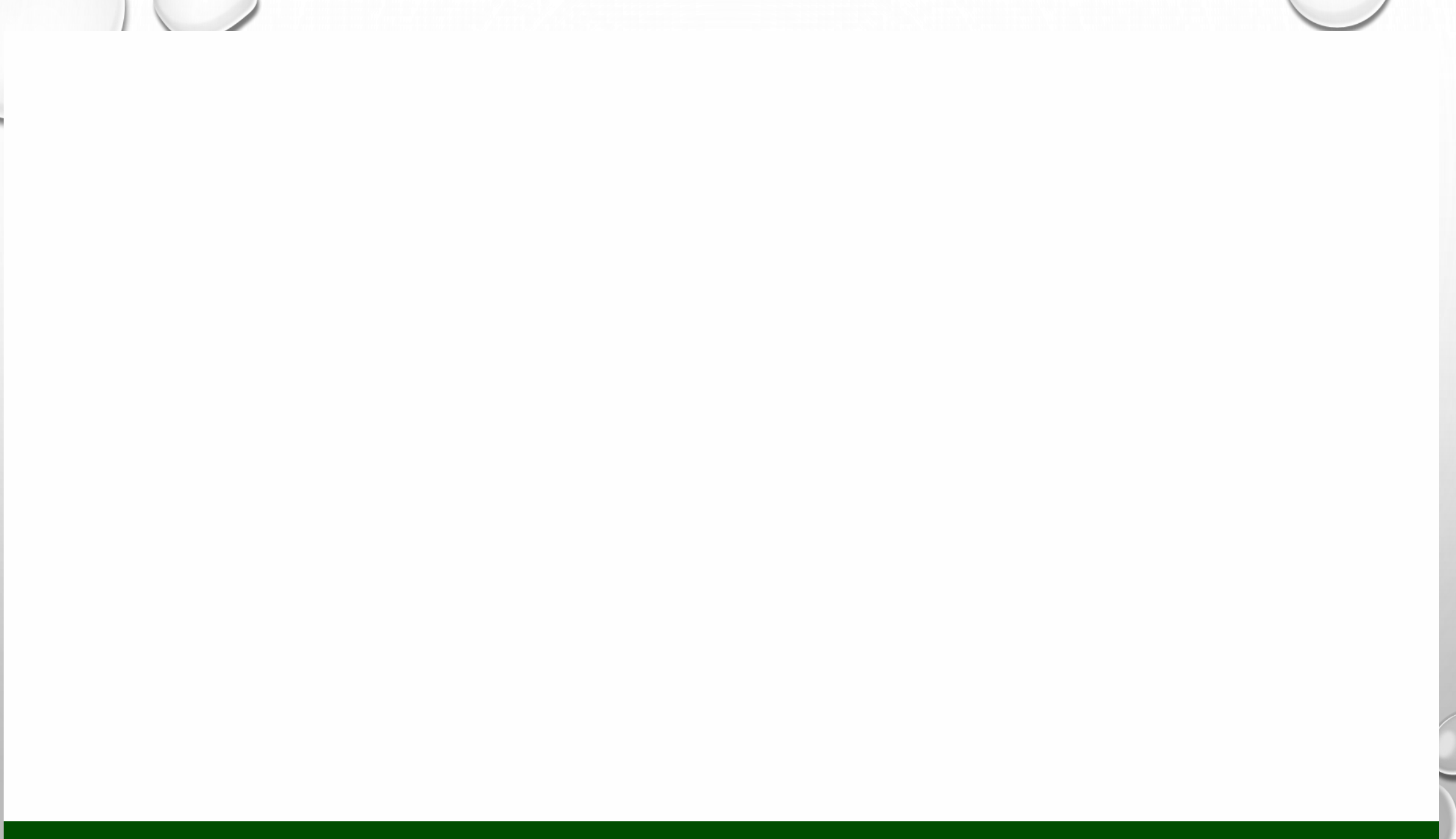
What are some situations where
emotional

Nourishment occurs?

What pushes up your stress level?

How do you cope with it?








**IN YOUR GROUPS: TALK ABOUT THE DIFFERENCES
AND SIMILARITIES FROM YOU'VE HEARD...SEARCH
MORE ONLINE**

HEALTHY BODY (PHYSICAL HEALTH)

HEALTHY MIND (MENTAL HEALTH)



LISTEN TO CD (1.04) AND ANSWER THE QUESTIONS...

1. WHAT DO HUMANS HAVE IN COMMON?
 - A. THE NEED FOR EMOTIONAL NOURISHMENT.
 - B. THE AMOUNT OF EMOTIONAL NOURISHMENT NEEDED.
 - C. THE TYPE OF EMOTIONAL NOURISHMENT NEEDED.
 - D. THE NEED FOR MORE EMOTIONAL THAN PHYSICAL NOURISHMENT
2. EMOTIONAL NOURISHMENT...
 - a. IS DIFFERENT FOR PETS.
 - b. IS THE SAME FOR SICK PEOPLE.
 - c. IS DIFFERENT FOR EVERYONE
 - d. LASTS THE SAME TIME
3. WHAT DO EMOTIONAL NOURISHMENT AND PHYSICAL NOURISHMENT HAVE IN COMMON?
 - a. THEY ARE BOTH BETTER WHEN RECEIVED.
 - b. THEY ARE EQUALLY IMPORTANT TO HEALTH.
 - c. THEY WORK BETTER WHEN YOU ARE SICK.
 - d. THEY ARE LESS HELPFUL WHEN GIVEN
4. What is an example of a strategy to get emotional Nourishment?
 - a. Participate in a relaxing activity.
 - b. Do extra work to bring you happiness.
 - c. Find someone who needs you
 - d. Force someone to help
5. What is the key to emotional health?
 - a. Getting regular emotional nourishment
 - b. Taking leisure time
 - c. Eating emotional food
 - d. Managing your diet

You have been asked to give advice
to a university committee to help them find ways
to improve student's health

Look at this list of ideas. Mark them from 1 to 5 (1= very bad, 5= very good)

Add healthier food options to the cafeteria

Suggest curfews so students get more sleep

Offer free nutritional seminars

Give free breakfasts in the morning

Provide opportunities to volunteer on campus


Have a mentoring program where older students look
after younger ones

Offer rewards for volunteer activities

Give students time off for leisure activities

Provide free tutors to help with homework

**Add two more suggestions of your own and use phrases as such :
we think everybody should/ must**



Talk about a situation or occasion that totally went wrong, and tell us how you handled it.

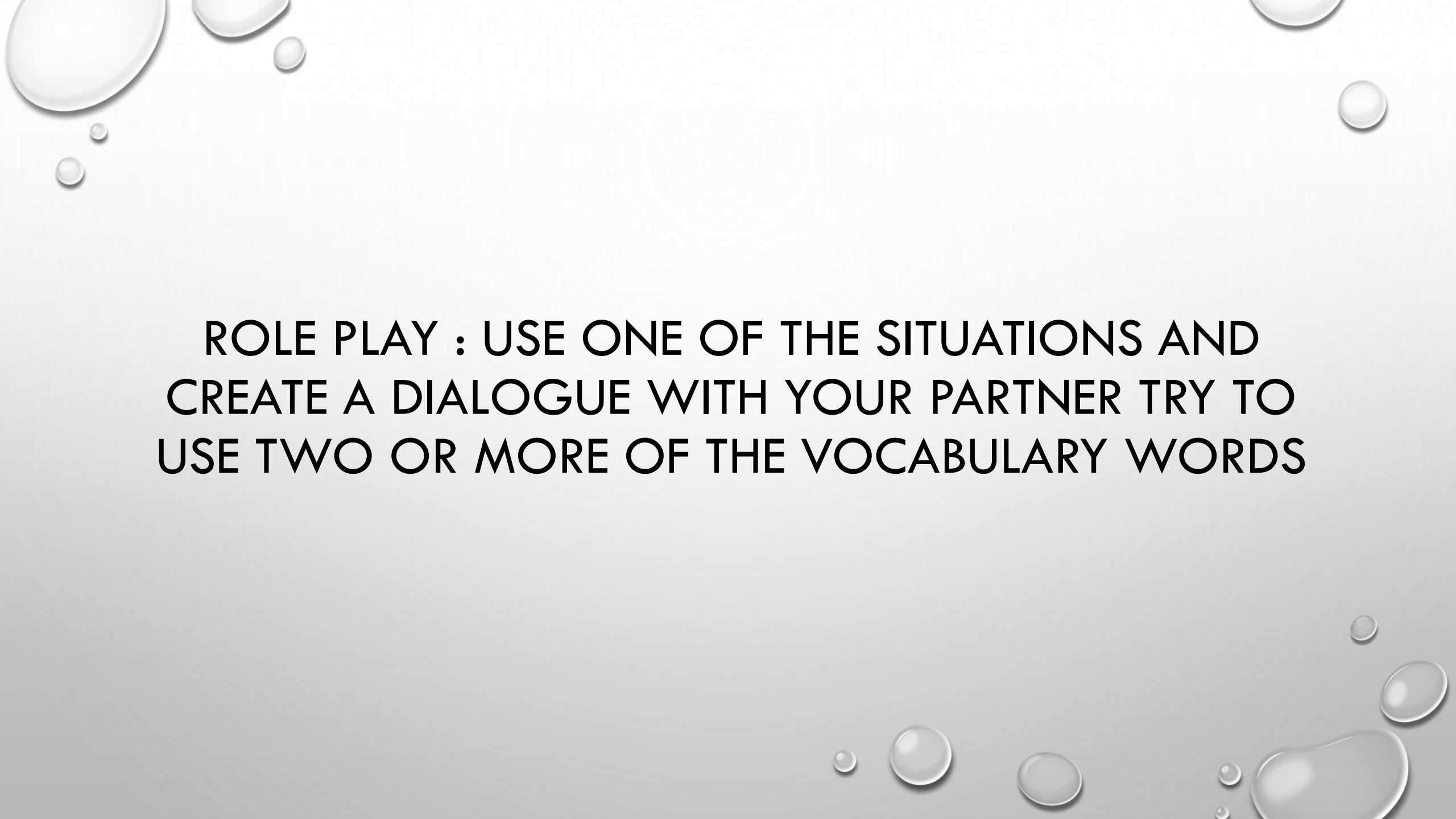
What useful advice were you given?



TAKE A MINUTE FIND THE MEANINGS OF THESE WORDS.....

- TRAUMATIC
- BAFFLE
- ANXIETY
- ALIMENT
- CONSOLATION

- I REALLY NEED TO FIND A JOB.
- I'M FINDING IT DIFFICULT TO SOLVE THIS PROBLEM.
- I WANT TO IMPROVE MY DIET.
- I LOST EVERYONE I KNOW AND I CAN'T SEEM TO GET THEM BACK.
- IT WAS TIME I FACED THE FACTS I'M NO LONGER A TEENAGER AND I MUST TAKE RESPONSIBILITY FOR MY ACTIONS.

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**ROLE PLAY : USE ONE OF THE SITUATIONS AND
CREATE A DIALOGUE WITH YOUR PARTNER TRY TO
USE TWO OR MORE OF THE VOCABULARY WORDS**



DON'T

ADVICE TIME!

- WHAT ADVICE WOULD YOU GIVE HER?
- WHAT MUST HAVE SHE DONE?
- WHAT COULD HAVE HAPPENED IF SHE DIDN'T STOP THIS?
- WHAT SHOULD HAVE BEEN DONE FROM THE BEGINNING?



Create a story
With your group

**come back so the other
can give advice to the
characters
in your story**



ASSIGNMENT 😊

- THINK ABOUT WHAT TRULY BRINGS OUT YOUR TRUE COLORS?
- WHAT MAKES YOU TRULY JUBILANT?
- DOES THAT HELP REDUCE EMOTIONAL STRESS ALLOWING YOU TO RELEASE EMOTIONAL NOURISHMENT THROUGH-OUT YOUR BODY? EXPLAIN.
- SHARE A STORY IF YOU HAVE ONE, IT DOESN'T HAVE TO BE JUST ABOUT YOU , IT COULD BE ABOUT A FRIEND.