

Time to Relax

Approach: Station

Level: Year 4 and year 8

Resources: None

Sam has been on the go all day doing work at school and a lot of very busy activities at home.

Sam wants to relax after all of this, but doesn't know how to relax in a healthy way.

How could Sam relax?

See if you can write down 5 different ways for relaxing in a healthy way.

1.

2.

3.

4.

5.

Put a tick beside one thing that you would most likely do to relax.

	% responses	
	y4	y8
No. of different ways mentioned:		
	5	74
	4	11
	3	10
	0-2	5
		1
Categories used:		
passive relaxation - time out	94	94
physical recreation	35	42
food / drink	54	32
doing things with others	3	13
computer games, internet, music, reading	59	82
other activities	16	23
No. of different categories used:		
	5	1
	4	13
	3	44
	2	31
	0-1	11
		5

Commentary

More than half of the students at both levels identified activities in at least three of the five categories. Year 4 students placed a little more emphasis on food and drink, while year 8 students gave greater emphasis to doing things with others, and activities such as sport, playing computer games, and reading.