



WELLNESS PLANNER

PPS

Disclaimer

This Wellness Planner is intended for general guidance only. It is tentative in nature and may be modified, paused, or discontinued at any time without prior notice. It should not replace professional advice or treatment.

July - Back to School Health & Hygiene

- **Nursery - KG:** Clean Hands, Happy Faces - handwashing songs & toilet hygiene, Oral Hygiene
- **Classes I - V:** My Healthy Lunchbox - role of fruits, vegetables, and water, Oral Hygiene
- **Classes VI - VIII:** Personal Hygiene Matters - skin, hair, oral hygiene basics.
- **Classes IX - XII:** Healthy Start, Healthy Year - sleep, routine, and fitness tips.

August - Safety & First Aid

- **Nursery - KG:** Safe at School - safe play, not talking to strangers.
- **Classes I - V:** First Aid for Kids - small cuts, nosebleeds, insect bites.
- **Classes VI - VIII:** Sports Safety - warm-ups, protective gear, avoiding injuries.
- **Classes IX - XII:** Emergency First Aid

Disclaimer

This Wellness Planner is intended for general guidance only. It is tentative in nature and may be modified, paused, or discontinued at any time without prior notice. It should not replace professional advice or treatment.

September - Nutrition & Immunity

- Nursery - KG: *Good Food, Good Mood* - identifying healthy vs junk food.
- Classes I - V: *Rainbow Diet* - importance of variety in meals.
- Classes VI - VIII: *Eating for Energy* - protein, vitamins, hydration.
- Classes IX - XII: *Nutrition & Lifestyle* - diet planning, energy drinks, fad diets.

October - Anti-Bullying

- Nursery - KG: *Feelings Matter* - smiley cards for happy, sad, angry.
- Classes I - V: *Being a Good Friend* - kindness, sharing, anti-bullying.
- Classes VI - VIII: *Handling Peer Pressure* - saying "no" with confidence.
- Classes IX - XII: *Mental Wellness & Stress Coping* - mindfulness, resilience.

Disclaimer

This Wellness Planner is intended for general guidance only. It is tentative in nature and may be modified, paused, or discontinued at any time without prior notice. It should not replace professional advice or treatment.

November - Puberty & Adolescence Awareness

- **Nursery - KG: (Not applicable - fun wellness instead)**
Move & Groove - simple stretches & yoga play.
- **Classes I - V: Growing Strong - basics of body growth, healthy habits.**
- **Classes VI - VIII: Puberty Changes - myths, hygiene, body confidence.**
- **Classes IX - XII: Reproductive Health & Awareness - safe practices, myths vs facts.**

December - Winter Wellness & Substance Awareness

- **Nursery - KG: Stay Warm & Healthy - woolens, covering mouth while sneezing.**
- **Classes I - V: Flu Fighters - cough & cold prevention, hand hygiene.**
- **Classes VI - VIII: Boosting Immunity in Winters - diet, exercise, sleep.**
- **Classes IX - XII: Boosting Immunity in Winters - diet, exercise, sleep.**

Disclaimer

This Wellness Planner is intended for general guidance only. It is tentative in nature and may be modified, paused, or discontinued at any time without prior notice. It should not replace professional advice or treatment.

January - Fitness & Healthy Lifestyle

- **Nursery - KG: Fun Fitness - action songs, playful stretching.**
- **Classes I - V: Strong Bones & Muscles - posture, milk, exercise.**
- **Classes VI - VIII: Healthy Growth & Fitness - exercise, balanced routines.**
- **Classes IX - XII: Fitness for Life - stress on workout, rest, screen balance.**

February - Digital Wellness & Lifestyle Diseases

- **Nursery - KG: My Happy Eyes - screen-free fun & eye care.**
- **Classes I - V: Screen Time Balance - correct sitting posture, outdoor play.**
- **Classes VI - VIII: Cyber Safety & Stress Management - safe browsing, limiting screen use.**
- **Classes IX - XII: Lifestyle Disorders in Teens - obesity, gadget addiction, sleep issues.**

Disclaimer

This Wellness Planner is intended for general guidance only. It is tentative in nature and may be modified, paused, or discontinued at any time without prior notice. It should not replace professional advice or treatment.