

Cross Curricular Wellness- Themed Projects

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Wellness Wednesday Webinar



CREATING HEALTHY
SCHOOLS AND
COMMUNITIES

Cross Curricular Wellness-Themed Projects

Integrate wellness into multiple areas of the curriculum.



Provide opportunities to learn about wellness while also improving their academic skills.

Today's Topics

Benefits to implementing cross-curricular projects

Tips for Implementation

Project Ideas

Benefits to implementing cross-curricular projects

1 Enhanced Learning:

Cross-curricular projects allow students to connect the dots between different subjects and see how they are connected.

Students better understand concepts and retain information

Food Systems

Food
Deserts

Zoning
laws

Imports &
Exports

Supply
Chain

Regional
Crops &
Farming

Marketing &
Promotion



Benefits to implementing cross-curricular projects

2 Increased Engagement:

Can provide opportunities for hands-on, project-based learning, which is more meaningful and relevant to students, as they are able to apply what they are learning to real-world situations.

Benefits to implementing cross-curricular projects

3 Improved Collaboration:

Projects often require students to work in groups or teams, which helps to develop their collaboration and communication skills.

Students learn to work with others who have different perspectives and strengths, which can help them to develop empathy and respect for others.

Benefits to implementing cross-curricular projects

4 Personalized Learning:

Projects allow students to explore their own interests and passions, making it more meaningful to each individual student.

Benefits to implementing cross-curricular projects

5 Preparation for the Real World:

Projects help prepare students for the real world, where they will be required to work in interdisciplinary teams to solve complex problems.

This type of learning helps students to develop the critical thinking and problem-solving skills that are essential for success in college and the workforce.



Tips for Implementation

Plan Ahead

How can different subjects can be integrated?

Identify the learning objectives for each subject and determine how they can be connected.

Be Flexible

Cross-curricular projects require flexibility and adaptability.

Be open to changing the project as needed and be willing to adjust the timeline or scope of the project if necessary.

Tips for Implementation

Set Clear Expectations

Explain to students what is expected of them and how they will be assessed.

Be sure to communicate these expectations clearly and regularly throughout the project.

Provide Feedback

Regular feedback throughout the project helps them stay on track and improve their work.



Tips for Implementation

Celebrate Success

Celebrate and showcase the work to the school community and recognize the hard work and effort that went into the project.

Reflect on the Process

Reflect on the process and evaluate what worked well and what could be improved for future projects.

Project Ideas

Wellness + Social Studies: Food System

Use a map to show/point to common regional crops and explain the most popular food export for your local area. Show a video or find a virtual field trip about a favorite food grown in another country or region that is then transported to your hometown.

Research the supply chain of an entire meal. Map the origins of every ingredient and record the people, activities, and resources involved from farm to fork.

Health + Art: Healthier Advertisements

Review popular [health-promoting advertisements](#) related to healthcare and the food industry. What methods are advertisers using to sell their products? Why might companies use spokes characters and cartoon mascots? Ask students to reflect on the ways promotional materials affect their choices and feelings.

How do healthcare ads differ from food industry ads? Read and discuss [How To Cure Boring Healthcare Advertising](#) (Forbes). Consider projects for writing original jingles, commercials or print ads for healthier choices and actions, like brushing your teeth.

Health + Music + ELA:

Students analyze the lyrics and messages of popular songs – do they promote healthy choices or encourage/normalize unhealthy choices?

Health + Business: Financial Fitness

Financial fears and general worries are commonly related to stress which can present itself in several physical forms from inconsistent sleep or insomnia to heart problems ([Paying With Our Health](#))

Research the link between financial problems and depression and anxiety.

What costs will students need to factor in for life outside their classroom walls like books, housing, and extracurricular interests? Have students learn more about the negative relationship between debt and blood pressure in research like [High Debt Could Be Hazardous to Your Health](#) (Northwestern Now).

Health + Math: Healthy eating on a budget

- 1) Give students a budget and have them plan a week's worth of healthy meals.
- 2) They can research recipes and create shopping lists using measurements and ratios.
- 3) Take them to a neighborhood market to check prices
- 4) Tour the school cafeteria to learn how they must follow the same process.



Wellness + Art

Students create healthy food collages, design fitness-themed posters, or illustrate the importance of hygiene and dental care.



Health + Psychology + Business: Design for Healthy Choices

Have students research and design a restaurant menu, grocery store, food truck or concession stand that will encourage customers to select healthier items using behavioral economics & psychology.

[Why We're Loving It: The Psychology Behind the McDonald's Restaurant of the Future](#)





Health + Psychology + Business:
Design a new school cafeteria

Walking School Bus

GT: research and design a walking school bus for school.

Tech: create a website and/or a brochure as well as design a social media marketing plan and an app.

Science: research environmental impact of less vehicles on the road

Math: What are the financial savings to the district?



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Health + Business + Social Studies: Big Pharma

Research their history

How to they promote or prevent health disparities?

How do they market to different groups?

How do they influence public policy?

How are new drugs developed and brought to market?

Are research trials truly representative?



Thank you!

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