



Izglītošana par veselību un sociālu
padomu sniegšana bērniem

*Jurmala city experience -
interviews and activities*

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Jurmala,
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Statistics:

- Day center for children with disability – 26;
- Day center for children from low-income families – 24;

1. Healthy diet activities



Activities organised in two ways:

- 1) Healthy diet activities;**
- 2) Healthy diet + emotional well-being sessions (together with parents) ;**



2. Sandplay therapy in a museum



Wonderful way to talk to a child and his or her family about the emotional well-being;



3. Feedback from the psychologist. Meeting the parents of the children



4. Daily rhythm activity - Bowling



5. Meeting with trail ultramarathon runner



6. Physical activities - Aerobics:

Two times in a week, from 30.05.2017. till 28.07.2017.

Exercises have low-intensity, they are easy to perform, they help to maintain body energised and improves stability.

Results:

- At the outset duration of one session was 20 minutes and reached 1h and 15 minutes by the end of July.
- Also parents were invited to come to these sessions and three mothers and one grandmother took a chance of this opportunity.

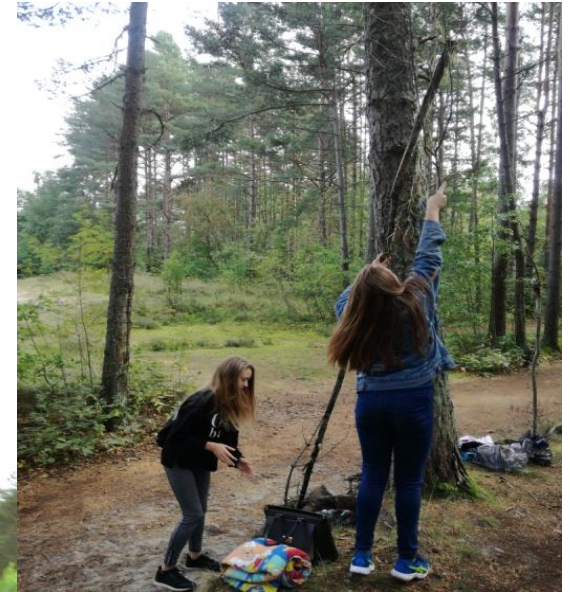
7. Daily rhythm: Game «My day».



8. Excursion/hiking to Tervete, Dobele



9. Hiking along the health trail



10. Hiking to Jaunkemeri.



11. Walking by the sea;

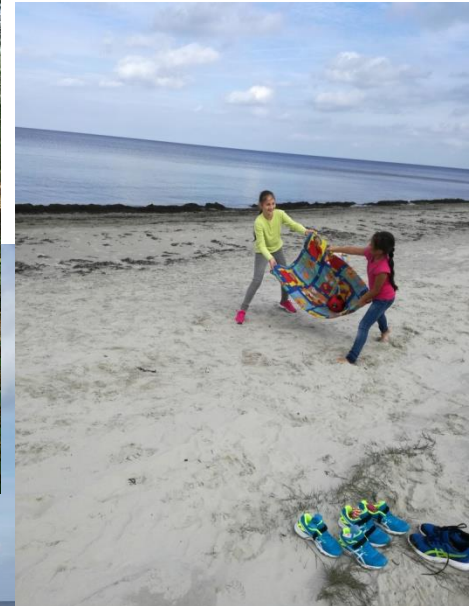


12. Hiking with Scouts, including different tasks;





13. Hiking to Jaunkemeri





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Project sustainability :

- positive experience = self-awareness;
- ability to see the difference between healthy and unhealthy;
- tool for organizing activities;
- knowledge for professionals.