

## School Health Education

1st. – 8th. May



**Shelter yourself!  
Hold yourself!  
Enjoy life!**

## Despite the distance!

**Despite the distance, we are here.  
Despite the silence, we still have a voice.  
Despite the restrictions, we want to “hug you”.  
Despite the lockdown....**

**We are present!**

And despite all this, we want to keep on being present and bring a little joy to your week. So, we would like to set a **challenge:**

**Challenge@1: Shelter yourself! Hold yourself!  
Enjoy life!**

Click here: <https://www.youtube.com/watch?v=h3UCLpE8fzQ>

**School Health Education . . . a very short and meaningful  
expression.**

2019/20  
Gafanha da Nazaré - Portugal

## School Health Education

8th. - 15th. May



5th. May

## Here we are again!

*Washing our hands is a way of protecting!*

Let's do it with responsibility, tranquility

... Stressless!

**Challenge @2 :Protect yourself without stress!**

Click here: : <https://www.youtube.com/watch?v=TAFtnRqGjiw>

Despite the distance...

We are present!

**School Health Education...** *a very short and meaningful expression.*

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## School Health Education

15th. – 22nd. May

Filling the heart with good things is the best way to be protected!

**Because you are not the only one!**

Here we are again!

***Together we are stronger!***

We are going to be able to **hug** again!

**Challenge@3: Because you are not the only one!**

Click here: <https://www.youtube.com/watch?v=b56ontWl6Qk>

Despite the distance...



We are present!

**School Health Education...** *a very short and meaningful expression.*




Sometimes we have to  
change the way we  
look at things!

Some people  
can hug you with a smile!

## School Health Education

22nd. – 29th. May

Here we are again!

Being **gentle** is wonderful. It's like opening the ,  
awakening **new feelings** and allowing **love** to fly!

**Challenge@4: Some people can hug you  
with a smile!**

Click here: <https://www.youtube.com/watch?v=A6PWu3EH7Xw>



Despite the distance...

We are Present!

School Health Education... *a very short and meaningful  
expression.*



## School Health Education

29th. May – 5th. June



**Protect yourself when you go to the supermarket!**

## Here we are again!

Going outside demands a lot of caution and respect!  
Stay at home, if possible!



**Challenge@5: Protect yourself when you go to the supermarket!**

Click here:

[https://pt.calameo.com/read/00629132489cfbab5ffc7?utm\\_source=platform&utm\\_medium=email&utm\\_campaign=book\\_created&utm\\_content=html&utm\\_term=6291324](https://pt.calameo.com/read/00629132489cfbab5ffc7?utm_source=platform&utm_medium=email&utm_campaign=book_created&utm_content=html&utm_term=6291324)

Despite the distance...

We are present!

**School Health Education... a very short and meaningful expression.**

## School Health Education

5th. – 12th. Jun

**Keep your smile open.  
Because it's through  
your smile that love  
usually emerges!**



**A smile gives you hope !**

## Here we are again!

**Smile... Smile... Smile... Smile... Smile...  
Smile... Smile... Smile... Smile... Smile...  
Smile... Smile... Smile... Smile... Smile...**

After all these weeks, we already know some things about you:

1. you haven't read half the words "smile..."
2. you haven't found out that one of them is misspelt.
3. you went back to check.
4. now you frown and smile at the same time because we cheated on you...
6. you can't say SHE with your lips sealed.
7. now you have just tried to do it.
8. you smile again.
9. you were so focused on your smile, that you jumped step number 5.
10. you went back to check on number 5.

You smile again..... **Mission accomplished!**

Despite the distance ...

we are Present!

**Challenge@6 : A smile gives you hope!**

Click here: [https://www.youtube.com/watch?v=kEeJM\\_7Xv\\_w](https://www.youtube.com/watch?v=kEeJM_7Xv_w)



# School Health Education

12th. – 19th.

**A toast to the joy of meeting again!**

**Challenge@7: Promise that your joy will “infect” us!**

Click here: <https://www.youtube.com/watch?v=KkUhMc5FITE>

Já os sorrisos se dão

Já ouço gritos ao longe

Já diz a voz do amor

Já os ventos recolheram

Já tenho colares de rosas

Já o verão se nos oferece

**Carry out plans A and B:  
Amusement and Bliss**

Here we are...

Despite the distance...

**again!**

**We are Present!**

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## School Health Education

19th. – 26th. June



We love you!

ΜΕ ΤΟΛΕ ΛΟΠΙ

The way is to come back to you, to be able to hug you...we love you!

And it's come to the end!

With the School Health Education project we wanted to take care of you because we believe:

- There are things that are better if shared
- There is no place in the world where you don't fit
- There is no one in the world like you!

**Challenge@8:** The way is to come back to you, to be able to hug you...we love you!

Click here: <https://youtu.be/9BE1fyFn8Kc>



Despite the distance...

We are Present!



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