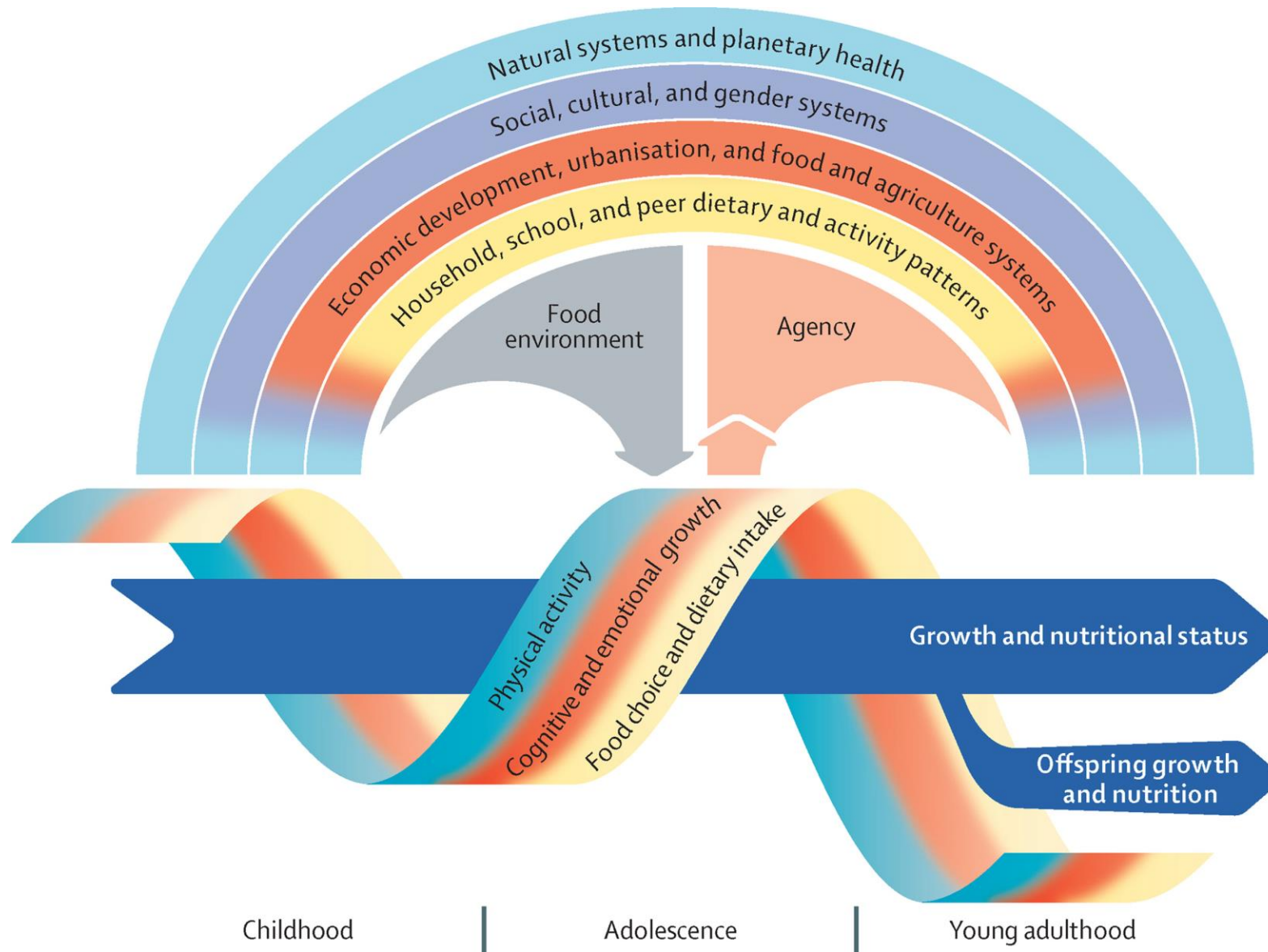


“Actions for preventive health care and health promotion”

Association of children day care centers of Lithuania,

Ineta, Kristina, Julija

2022-06-27

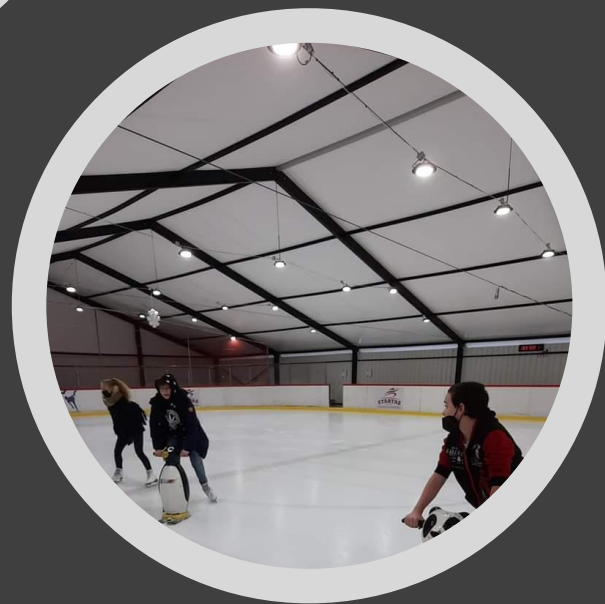




Learning about healthy life habits

Joined activities can help to develop social skills, communicate more courageously with peers, seek cooperation, exchange knowledge, roles, means of play.

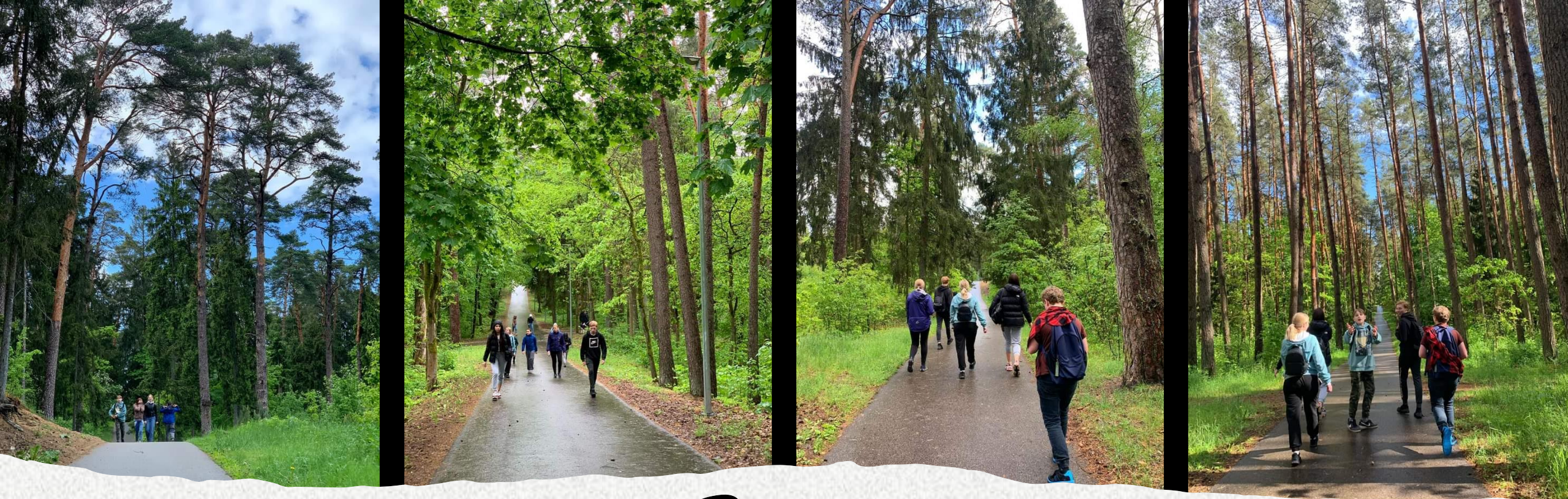
It is believed that social skills, which are acquired in common activities, are most often transferred to other areas of life, they promote the development of a harmonious personality.



Physical activeness

- Physical activities are the most important forms of children's leisure, the relation between a good health and emotional well-being.





Nature therapy

Sources on nature therapy state that being in nature has a positive effect on both physical and mental health.

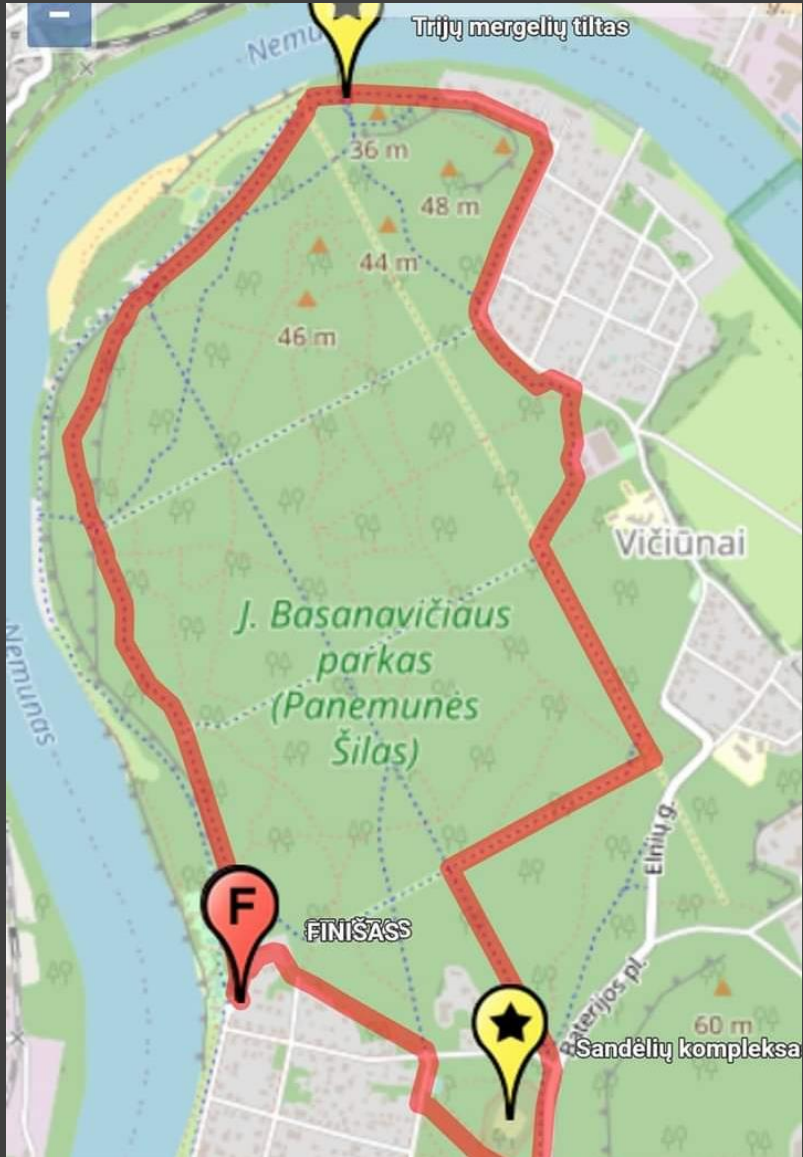
Sources on nature therapy state that being in nature has a positive effect on both physical and

- It is said that spending at least 90 minutes a day in the forest, field or water clearly suppresses the processes in that area of the brain that is commonly associated with depression.





- Nature influences not only by lowering blood pressure, anxiety and increasing the feeling of happiness, but also by suppressing aggression, activity and attention disorders, improving pain control mechanisms, strengthening the immune system.



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TRENKTURAS

Įsigykite prenumeratą, jei norite registruotis į šį žygį

ĮSIGYTI PRENUMERATĄ

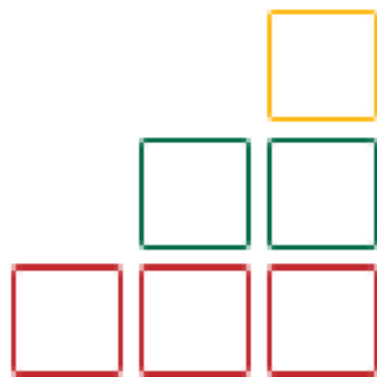
Physical activeness

- 4 km, 7 km, 11 km and 15 km...
- Nowadays long distances hiking, become a popular way to be active in nature not only for socially deprived groups

Physical activeness: dissemination in society



- Olympic Day for Kaunas residents is a way to promote an active lifestyle and accessible for all residents.
- We are seeking to improve the health of children, to involve them in sports promotion activities, thereby improving their conscious self-determination and participation in the life of society.
- We have noticed that children's participation in active social activities reduces social isolation, it becomes an alternative to destructive activities, prevention of harmful habits.



THANKS FOR YOUR
ATTENTION and....



- Challenge for all of us...
- We are inviting you to hike 20 km here in Austria, Linz