

I Can Solutions for PHYSICAL WELL-BEING

We used our I CAN power to promote sports in our school. Many of us felt like it was being neglected and so, we wanted to tackle it. This is our journey... Which of the solutions would you try?

I like to play with the ball but whenever I do I get hurt..

Ecole Materhelle Saint Joseph Manyanet Yaoundé, Cameroon



So many people simply ignore their health!

Mare de Déu dels Àngels, Barcelona, Spain



We were getting so bored in school studying all day. We wanted to have fun!

Yashwantrao Chavan Vidyaniketan, Pune, India



Most of my friends behave so lazy .. they don't do any exercise or treat their body well.

City University of Macau



What if we encouraged physical activity to gain health and happiness?

Prototyped and explored materials for a new ball

Shared with their parents and collected plastic to recycle and use to make the ball

Donated the ball to their peers playing football



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Organized a break-dance show

Spread awareness about benefits of exercising and sports in the neighbourhood through leaflets

Produced a rap song to spread the message interestingly



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Formed a football coaching team

Planned the activities for the coaching

Coached over seven schools!



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Promoted the need to maintain a healthy lifestyle and exercise through posters and promotional videos .

Organized themselves into groups to ensure regular exercise.



Using the FIDS formula, we made our school a fit and healthy space.

WHAT WILL YOUR STORY OF CHANGE BE?