

“Prevention is better than Cure, as Hippocrates said”

Activity report	Date From October till November, 2019
Country	Lithuania
School	Kindergarten „Buratinas“, Vilkaviskis
Class	Group „Dainiukai“
Activity name	A painting...a story
Objectives	<ul style="list-style-type: none"> • To get to know Hippocrates and his work; • To approach critically and creatively the issue of nutrition and exercise through the elaboration of art works; • To get in touch with art works from various civilizations, eras, places; • To be sensitized to the development of observant ability; • To develop critical and creative thinking; • To strengthen communication skills; • To understand visual civilization; • To decode visual messages.
Development activity	<p>Pupils found out about the works of Hippocrates.</p> <p>They explored and reflected on the sculpture "Disc player of Myron" — an enduring sport energy model.</p> <p>By employing D. Perkins' method "Visual thinking", pupils discussed about various paintings: "Hippocrates examining a child" (by Robert Them, 1950's), "Hippocrates discouraging the use of primitive medical techniques" (Clive uptton).</p> <p>Children named the emotions they experienced: fear, surprise, concern...</p> <p>They suggested and showed how to make one's health stronger, taught each other various physical exercises.</p> <p>Students created "A painting...a story"</p> <p>Students and their teacher made a research on the topic of healthy and unhealthy food.</p> <p>Children in the group made fruit salads, at first having drawn their recipe in their drawing, using a "Bee-Bot" robot and had a great time finding out the order of which products to use.</p>
Conclusion	<ul style="list-style-type: none"> • Our institution's community became more familiar with Hippocrate's life, his work, and his approach to healthy living. • In studying works of art related to Hippocrates and his philosophy pupils found out the benefits of herbal medicine, healthy eating, sports, good rest or activity in nature for their own well-being. • Pupils created " A picture...a story" in which they expressed their own views on the beneficial and harmful effects of health. They developed imagination, creative, critical, emotional thinking, inspired by D. Perkins' method of visual thinking. • They learned which foods are healthy and which are harmful to our health. • Pupils also learned how to make Fruit Salad. • Children, parents, educators got acquainted with the project partners' attitude towards the promotion of healthy lifestyle and the methods used to develop a healthy lifestyle.