

Notes for Teachers for the Visual Materials

The following images can be used as visual materials for the classroom. Each image will be available online so that teachers can print them out on paper, transparencies or onto a computer to engage students visually. Each visual item is provided with suggested teacher-guided discussions.



The *Agita* poster on the left shows various physical activities that young people can do to stay healthy. Ten examples of healthy physical activities and their names are placed on the top of the poster. The message at the bottom of the poster reads, “Every day, any time, you can exercise. 30 minutes. Daily.”

Suggested discussion questions:

1. What does this poster show?
2. Whom do you think the poster is for?
3. What do you think is the purpose of this poster?



Above on the left are several promotional materials that include the clock mascot of the *Agita São Paulo* program. The mascot is used to encourage good eating habits and 30 minutes of daily exercise. Above on the right is a drawing by a Brazilian youth showing the clock mascots modeling examples of physical activities.

Suggested discussion questions:

1. Why do you think *Agita São Paulo* uses a clock for its mascot?
2. What does the clock mascot want Brazilian students to remember?



The images above are physical activity pyramids that two Brazilian students have drawn. Similar to a food pyramid, these two pyramids show a variety of physical activities that can be done in various places and at various times to help students stay healthy.

Suggested discussion questions:

1. What kinds of physical activities do these two Brazilian students like to do?
2. Do you see anything that you also enjoy doing?

* All images: Courtesy of Programa Agita São Paulo - CELAFISC