#NCSeconnects Summer Camp Activity

**Activity:** Health and Wellness Collage

**Category:** Health & Wellness

**Suggested Grade Level:** Grades 1-6

**Description:** A collage is a work of art made from numerous materials such as paper, newsprint, magazine pictures, digital photographs, fabric and other materials; many collages are electronic images printed out together or a collection of cut-out images glued together on paper or poster board.

**Supplies:**
- Sturdy paper for background (cardboard, cardstock, construction paper, poster board)
- Pictures, words, and images from magazines, newspapers, old books, Internet, etc.
- Scissors
- Glue
- Decorations (stickers, jewels, glitter, etc.)

**Instructions:**
1. Our theme is FITNESS, HEALTH AND WELLNESS. Make the collage about your desire to be and stay healthy. Your collage should include things you like to do, words that mean a lot, etc.
2. Collect pictures, words, and images to use.
3. Select a sturdy piece of paper for the background.
4. Cut out and edit images to fit your collage.
5. Lay out images on the background without gluing them down.
6. Add extra design elements like ribbons, stickers, jewels, glitter, etc. to add a personal touch.
7. Glue all materials onto the background.

**Takeaways:** This activity encourages a healthy and fit lifestyle and the importance of a healthy body, mind, and soul.