

SHEET FOR A HEALTHY AND SUSTAINABLE LIFESTYLE AT HOME

Actions to care for and improve both our health and the health of our ecosystems. Now, we are going to pay a little more attention to the collective proposals for environmental improvement.

To write down the proposals that we have previously talked about and agreed on in the corresponding column of our bio-psycho-social-environmental health template. We remember:

- **Bio:** what can we do to take care of and improve our physical body?
- **Psycho:** what can we do to improve our emotional well-being?
- **Social:** what can we do to improve our social relationships?
In other words, what can we do to maintain our friendships, what can people do to improve environmental health, what collective proposals can we make to ensure sustainability?
In this part it is very important to draw out collective proposals, which go beyond individual actions.
- **Environmental:** what can we do to improve water and air quality? And what can we propose to increase the quality of aquatic and terrestrial ecosystems? What is the best food for the planet? What can we stop consuming or consume less of in order to reduce the use of virtual water?

Bio	Psycho	Social	Environmental

SHEET FOR A HEALTHY AND SUSTAINABLE LIFESTYLE AT SCHOOL

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SHEET FOR A HEALTHY AND SUSTAINABLE LIFESTYLE IN OUR
NEIGHBOURHOOD OR VILLAGE

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