MY DAY

#STICKIT

Explanation:

This is your first secret challenge. We are curious to know what a day in your life looks like.

The challenge is to make a timeline about a day in your life.
At the inside of this booklet you will find two steps. Follow both steps to create your own timeline. You can create a timeline the way you like: writing, drawing or stick stickers. You find the stickers in the envelope.

Take a photo of your timeline when the timeline is finished. You can send us the photo via WhatsApp:

06 XX XX XX XX

Do you have a question about this challenge?
Send an email at j.....@muzus.nl or send us a text via WhatsApp.

GOOD LUCK!

muzus × GGD Amsterdam

MY DAY

STEP 1. What does a normal day in your life look like? What do you do in a day? Draw, write or stick stickers on the timeline below to show what your day looks like. Include what time it is at each moment.

..... uur
Ik word wakker

STEP 2. What are great moments on this day? And which moments are not so much fun? Indicate these moments on the timeline below.

Suggestion: Make use of the sticker emojis to indicate the moments you like or dont like.

..... uur
Ik ga slapen

FRIEND REPORTER

#MINI INTERVIEW

EXPLANATION:

This is secret challenge number 3. We are curious to know what you and your friends think about being healthy.

The challenge is to interview a friend about being healthy.
Ask your friend questions and talk about it together.

The next pages contain questions you can use for your interview. But you can also use your own questions!

Record the interview on your phone. Send us the interview video via WhatsApp:

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Do you have a question about this challenge?
Send us an email at jiska@xxxxxxxxx.nl or send us a text via WhatsApp.

The next pages include tips & tricks for recording the interview

GOOD LUCK!

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FRIEND REPORTER

Example questions

- What does being healthy mean to you?
- Is it important to you to be healthy?
- Do you feel healthy?
- What do you do to be healthy?

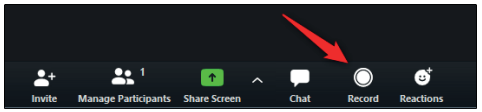
Tip! Always ask another question if someone answers. For example; 'Why?, 'When?', 'With who?' or 'How do you do that?'

Tips & tricks

You can record the interview in a few ways:

1.If you and your friend are in the same place, film yourself and record the interview live!

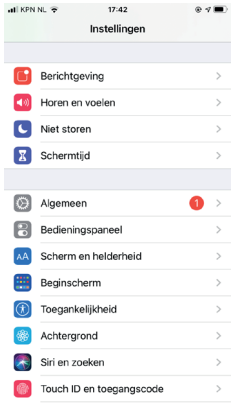
2.Call a friend via Zoom, Teams, Skype or another program. Turn on recording in the program. Below you can see an example for Zoom.

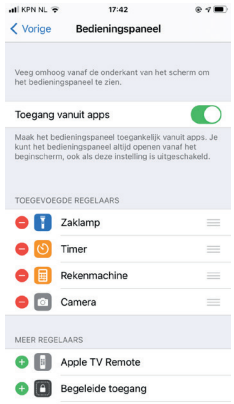


3. Call a friend with your phone via WhatsApp or FaceTime. Record your screen during the interview. This can be done very easily! Below you will find an explanation for an iPhone and Android phone.

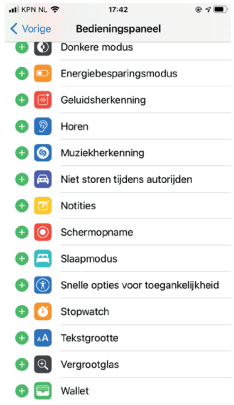
iPhone

1. Go to settings.
2. Go to the control panel





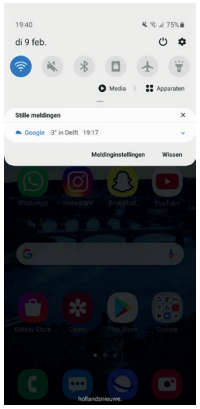
3. Find "Screen Recording" and click the plus sign.
4. Now swipe up from the bottom until you see your control panel.
5. Click the recording sign.
6. The screen is being recorded!

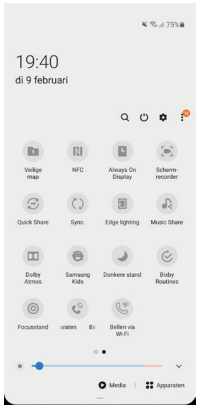


Android

1. Swipe down from the top of your screen to open this menu.

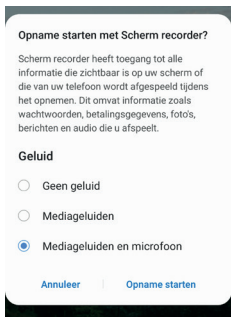
2. On the second page, you will find the option "Screen Recorder". Click this.



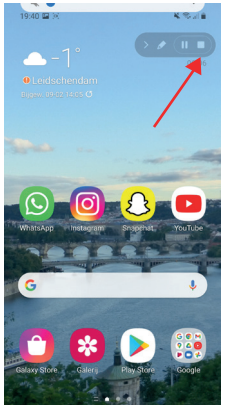


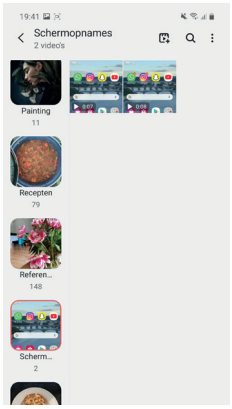
3. You will now see the following screen:

Choose the option Media sounds and microphone, then click. Start recording.



4. Your screen is being recorded. To stop recording, click the square at the top right. Your recording is now saved.





5. You can find the recording in your gallery in the new folder 'Screen recordings'. Send this recording to us via Whatsapp and you're done!

ON THE ROAD

#YOUR MAP

Explanation:

This is your last secret challenge. We are curious to know which places you often visit and what you drink there.

De challenge is om vandaag om te laten zien op welke plekken je komt. There is a map of buildings on the inside of this booklet. You can write, draw and stick stickers in this map. On the next page you will find more information about the assignment and the map.

When you're done, take a picture of the map and send it to us via WhatsApp:

06 XX XX XX XX

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GOOD LUCK!

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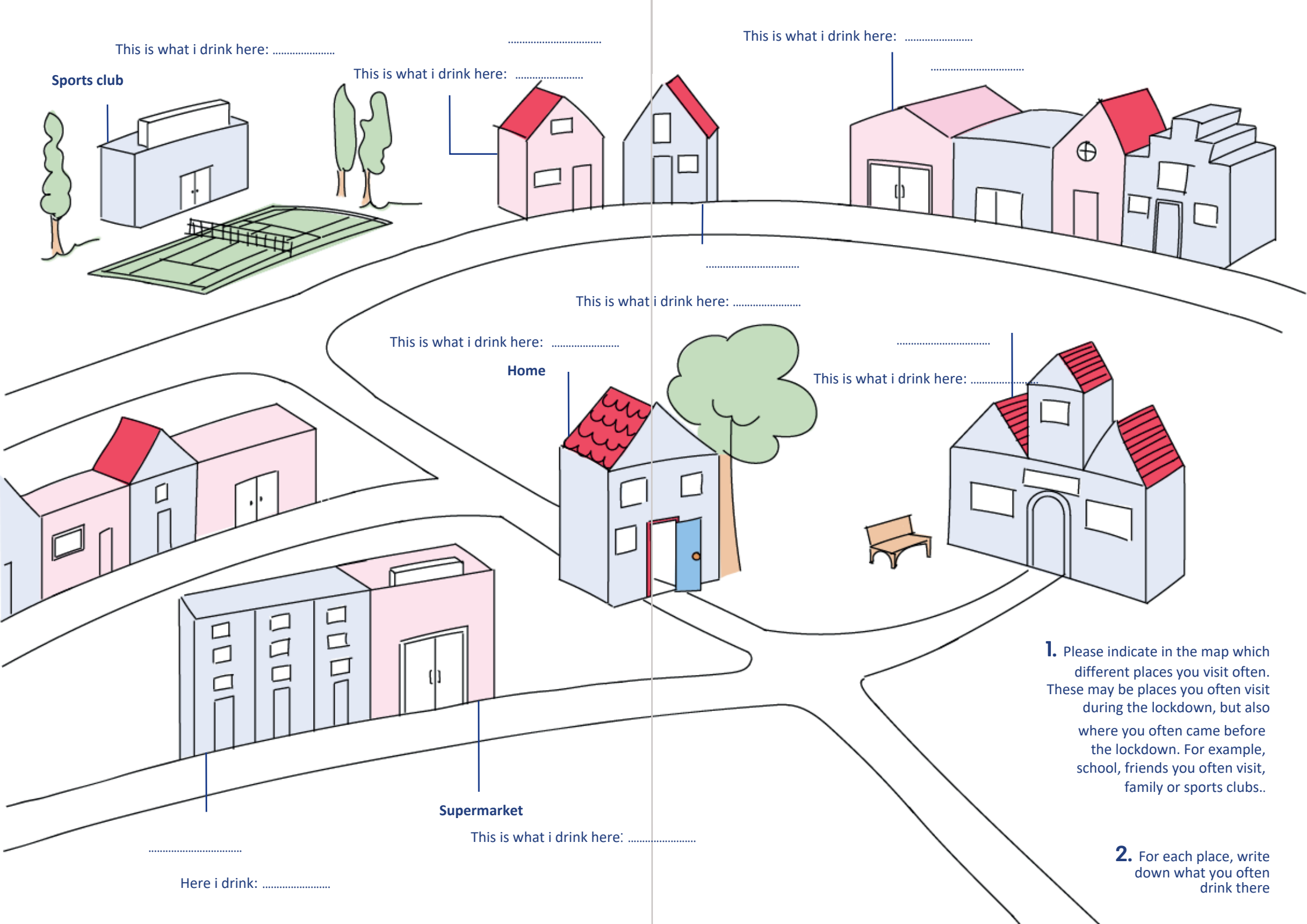

1. Please indicate in the map which different places you visit often. These may be places you often visit during the lockdown, but also where you often came before the lockdown. For example, school, friends you often visit, family or sports clubs..

2. For each place, write down what you often drink there