

LIFE MANAGEMENT

Team Hanki

1. HOW TO BECOME A RESPONSIBLE ADULT

In this week we learned how to be responsible adult.

When we were at classes teachers teach us how to be responsible and smart in life.

We learned about recycling which is really important thing to environment and generally for our lives.

We were at hiking, learning about everyman's rights and responsibilities that you have to respect nature and other people.



2. HOW TO DEAL WITH STRESS

We had sauna where we could free our stress and just don't think anything.

After sauna we felt like we're alive. Our cells are like they had so much adrenaline inside them.

When we swam into the lake it was very cold but after swimming we felt like we're alive.

At last, after ice-swimming we left our thoughts and we just lived in the moment.



3. HOW TO SUCCEED IN LIFE

When we were in hiking it was really hard and tough. Also the life is hard. So if we can survive in hiking with snow, we can survive in the real life.

When you work and failed but after try again like in skating and skiing you learn how to continue and succeed in life.

Furthermore our teacher said to us that we have to set and organize our goals to achieve them.



4. HEALTHY LIFE

We have to eat right. You can't eat too much or too less. You must eat healthy food, but sometimes it is okay to eat fast food or candy.

You have to move everyday because your body likes it.

Sleeping is also important thing because your body is resting and growing in sleep.

Healthy life can help in your whole life and be a useful person in your community.

5. HOW WE SPEND HEALTHY LIFE

We like to go our football, basketball and swimming practices.

We all sleep well (except Magnus and Lenni)

We try to eat healthy, but it doesn't always work.

We eat fast food and it is not good for our healthy, but it's sometimes okay (and it's tastes really good)

6. RECYCLING AND TAKING CARE OF ENVIRONMENT

We went on waste management site where we got tour and learned about recycling.

It's very important to take care of environment.

