

Suggested activities that could be used with HYPE Journal for Community Studies

(Please note some of these activities could be used alone or in combination to develop other community studies contracts and are just a few suggestions)

- Weekly journal throughout pregnancy/first year – essentially free text, but could have some guiding questions (the actual HYPE journal is specific to topics and not a weekly journal as such)
- Page 12 – Recipe book/meal plans during pregnancy or an information brochure for pregnancy re: eating, nutrients, drinking during pregnancy
- Page 26 – use ‘blue book’ as evidence also for community studies, brochure about what to expect at antenatal classes
- Page 28 – brochure of services/information available for young mums
- Page 34 – develop an education plan
- Page 56 – in journal – birth plan – may expand on this/provide more detail
- Page 63 – in journal – maternity leave plan – may expand on this/provide more detail
- Page 74 – brochure/presentation on contraception choices
- Page 84 – tips on childcare – brochure/presentation/display
- Page 87 – week calendar – time management plan
- Page 89 – in journal – weekly budget, might provide more information/detail
- Page 92 – discrimination information brochure/presentation/display
- Page 101 – Where to go for support brochure/presentation/display
- Page 104 – information re: local mums groups/playgroups – could be presented in a range of ways
- Page 126 – you and the law – investigate one or more aspects discussed and present information ie. brochure/presentation/display
- Page 146 – overall reflection in journal can support reflection for Stage 2 Community Studies

Other ideas (not necessarily linked to a section in the journal):

- Scrap book or iMovie of pregnancy/baby’s first year
- Information brochure/display re: physical changes a pregnant woman can expect
- Exercise for pregnancy – fitness program, information brochure
- Immunisations research/brochure/presentation
- Plan baby’s first birthday party (including things like invites, food, recipes, venue, decorations, etc)
- Toddler cookbook
- Research and present (presented in a range of possible ways) a medical issue that may be relevant to the individual/baby

** Please note this is just a few ideas, students may have other ideas too about things they are interested in doing.