

Design Team: Health Heroes

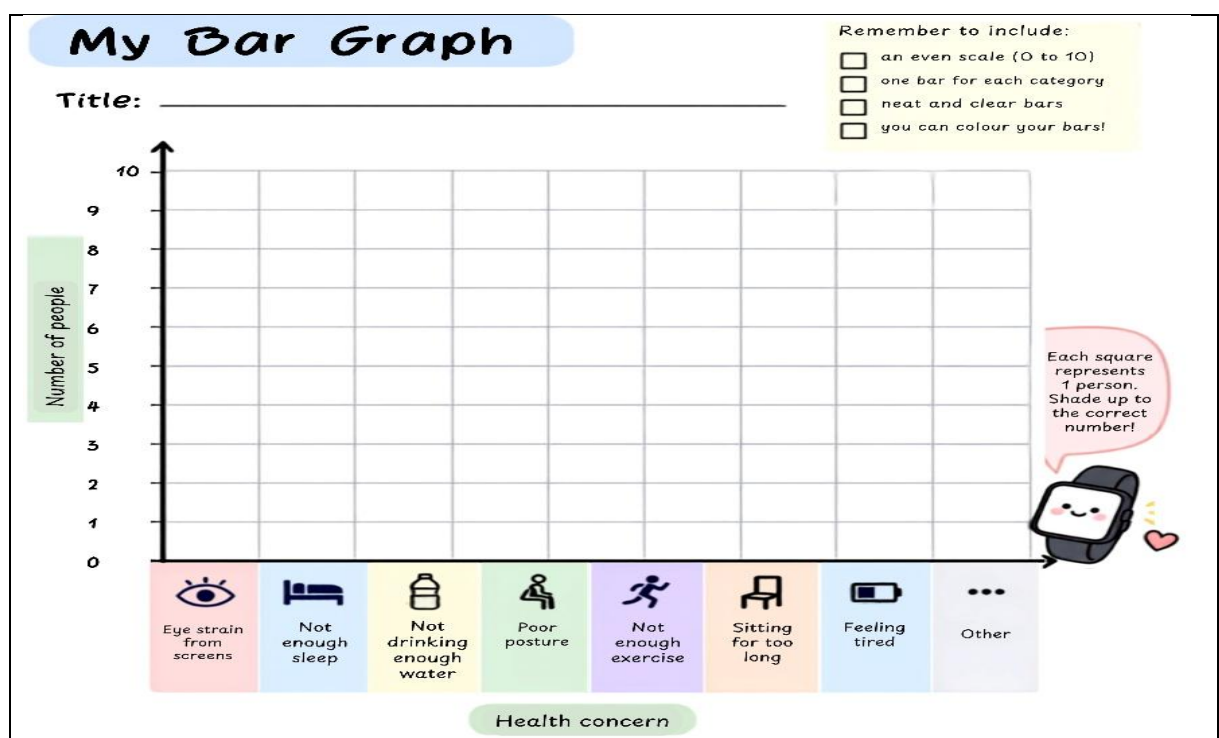
An activity of "Wearable gadgets... to track their health"

Read "Wearable gadgets are making it easier for people to track their health" (page 24, *What's Up* September 2026). Work in small teams to research and then design a new health wearable!

1. Take a poll of any 10 willing schoolmates. Question to ask: Which of these is your biggest everyday health concern? Assure them that you will not mention their names anywhere. Record your findings here ↓. For each polled person, tick all the issues that apply.

	Health Concern	Tally of responses to poll	Total ☒ s
1	Eye strain from screens	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
2	Not enough sleep	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
3	Not drinking enough water	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
4	Poor posture	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
5	Not enough exercise	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
6	Sitting for too long	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
7	Feeling tired all the time	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
8	Other	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	

2. Plot your totals in this bar graph.



3. Study the frequency bars in your graph. Pick your poll's top health concern. Discuss:
 - What might be two possible causes of this health concern?
 - How is this health concern experienced in daily life?
 - Are there ways to reduce the problem?
4. Imagine you are a gadget design team. Use this graphic organiser to design a health wearable that can help with the concern your poll identified. Your product might be a watch, bracelet, ring, glasses, clothing, stick-on patch, footwear, headphones or something totally new!



MY HEALTH WEARABLE

Use your survey findings to design a helpful health invention.

LABEL THE SPECIAL FEATURES

1 THE EVIDENCE

____ out of 10 people said _____

was their biggest everyday health concern.



3 HOW TO USE



5 WHAT IT DOES



(PRODUCT NAME)

Created by: _____

2 THE PROBLEM

Why is this a problem?



4 WHAT IT DETECTS

•

•



6 SPECIAL FEATURES

7 WHO IS IT FOR?

OUR SLOGAN: