



Mental Health in Schools Team Tips For Wellness



Be active

Being physically active is not only good for our fitness, but evidence shows that it's also great for our mental wellbeing. Did you know physical activity can actually send positive signals to our brains, making us feel uplifted?

Being active might be new to you, or you may already exercise regularly. Either way, finding something you enjoy and want to do can be a good start. It's okay if you aren't sure what this is yet, have a go at experimenting and finding out how you like to get moving!

Our tips for being active:

- Create a playlist of all the songs that make you feel like you want to dance! You could dance around in your bedroom or have a dance party with your friends.
- Travel to school in different ways, you could walk, skip, cycle, or even use your scooter!
- Hula hoop – you could do this to keep moving whilst also watching your favourite TV programme!
- Joining a sports team or club is a great way to be active and also have fun with friends. Your school may have sports teams you can join, so this is a good place to start.
- Play a game with your friends in the playground. This could be a well-known game, or you could get creative and make up your own rules!
- As we move into spring (and hopefully some warmer weather!) you could help a family member or neighbour out in the garden.

Whatever you choose to do, make sure it is something you are keen to do and keep at it... once it becomes part of your routine, there will be no stopping you!

For more information about 'being active', follow the QR code below:



#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! thankskids@covwarkpt.nhs.uk.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.