

LOOKING AFTER OUR EMOTIONAL WELL-BEING AND MENTAL HEALTH

BEING ACTIVE

For primary school aged children, the NHS recommends *'at least 60 minutes of physical activity every day – this should range from moderate activity, such as cycling and playground activities, to vigorous activity, such as running and tennis'*.

Being active is fun! In addition, physical activity keeps us healthy with benefits such as better sleep patterns, maintaining a healthy weight, improved concentration, building strong bones and muscles and it gives opportunities to make friends and enhance social skills.

Exercise is essential for promoting wellbeing across all ages and physical activity is associated with lower rates of depression and anxiety.

Children are naturally active. Allow your child to choose the type of activity they are interested in and build on their inclinations to use their body.

Suggestions for being active:

- ✓ Go outside and kick a ball, throw a ball to each other, skip and jump.
- ✓ Take them to the local park and help children to use the equipment. Have a go yourself!
- ✓ Try a new sport or after school activity.
- ✓ Involve your child in physical activities around the home such as cleaning the car and house cleaning.
- ✓ Leave the car at home and walk to school and around your neighborhood.
- ✓ Fly a kite
- ✓ Dance to music in your kitchen!
- ✓ Splash around in a paddling pool on a warm day or go swimming!
- ✓ Walk the dog
- ✓ Throw a frisbee
- ✓ Splash in puddles on a rainy day
- ✓ Model participation in physical activity yourself.
- ✓ Restrict screen time. Turn off TV's, iPads and game stations and play outside or play a game with your child inside.
- ✓ Join the school's Friday run at 8am.....

ADVERT FOR RUN EVERY FRIDAY.....

Lynne Hammond, Parent Governor