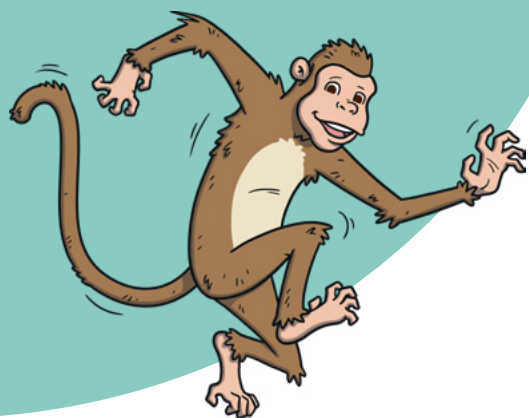


Get Moving for Positive Mental Health



Hi, I'm Mel. Thank you for coming to learn with me about positive mental health! We're going to think about how moving our bodies can be good for our minds.

Moving your body through being active each day is naturally good for your body but it is also good for your mind because it helps you to feel happy and confident. **What are your favourite ways to be active?**



Walking



Cycling



Dancing



Playing with a ball



Karate



Skipping



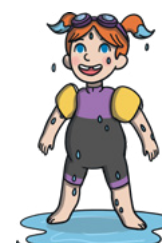
Trampolining



Playing on a scooter



Roller Skating



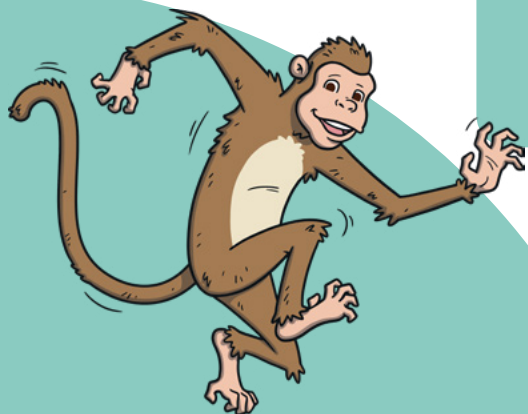
Swimming

Have you done anything active so far today?

Yes

No

Not Sure



I love exercising and being active. When I have been active, I notice my heart feels a bit different.

What happens to your heart rate when you exercise? If you put your fingers on your neck or wrist, you can feel the speed of your heart. This is called your pulse. Can you take your pulse now?



Now, try jogging on the spot for one minute and then feel your heart rate by taking your pulse again. What do you notice?



It was slower It stayed the same It was faster

Do you notice any difference in how your mind is feeling?

Yes

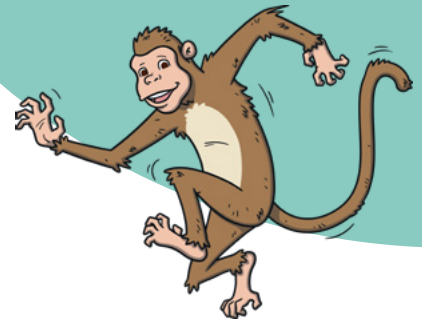
No

Not Sure

If you have noticed a difference in how you are feeling afterwards, can you explain that here:

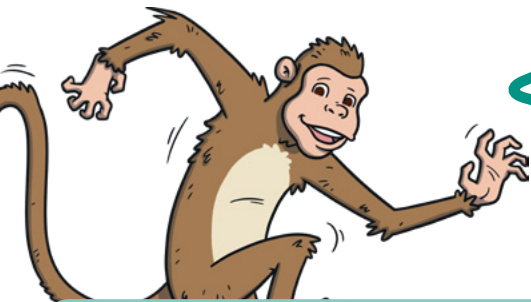
As you move, your heart beats faster to get oxygen to the muscles that are working hard to help them to work even harder. Your brain also gets more oxygen from your heart beating faster which means you can really concentrate. **How does moving your body make you feel?**

I really enjoy swinging around and being active. The more active I am, the happier I feel, which helps me to feel calm.



Write about a time when you have been active and felt happy. It might be at a club you go to, in your home or at your school.

Going for a walk especially helps me if I am feeling frustrated or angry.



Think about one activity that you particularly enjoy doing.
Which word best describes how you feel when you are doing that activity?



Calm

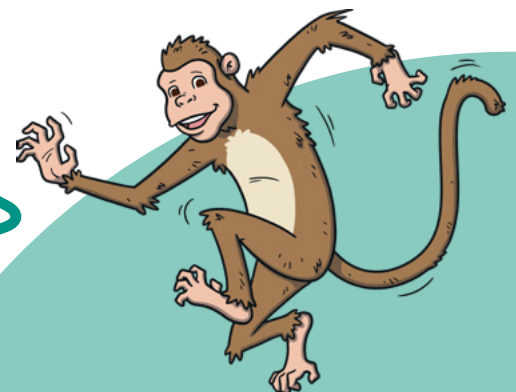


Happy



Excited

If we keep moving and are active, we help our bodies and our minds.



Now it's over to you!

**What will you do when you finish this activity?
Choose as many as you like!**

Go for a walk with my grown-ups at home.

Move more around my home.

Walk somewhere instead of travelling in a car.

Play with a ball.

Be active on equipment that I have (scooter, bike, trampoline, skateboard).

Consider joining a club based on activity (either online or in person).

Play more active games.

Something else.

Goodbye for now! It was lovely being active with you today! Remember to keep moving to help your body and mind!

