RISE MHST

## Mental Health in Schools Team (MHST)
Tips For Wellness:

BE ACTIVE

Being active is all about moving our body, in any way at all!
Physical activity has lots of benefits for our body but it is also great for our mind too. When we move our body, it releases chemicals in our brain that make us feel good and boosts our self-esteem. It also helps to improve our sleep, concentration and reduces stress!
Being active may be new to you or you may already exercise regularly, try to find an activity that you want to do and you find enjoyable. It's okay if you aren't sure what this is yet, have a go at experimenting and why not start by checking out our ideas for staying active below?

Our tips for being active:

1- Dance to your favourite music and create a playlist to help get your body moving!

2- Walk or cycle whenever you can (e.g., park the car one street further away and walk the rest!)

3- Practice hula hooping (you could even try this whilst you are watching TV!)

4- Joining a sports club is a great way to improve your physical ability but is also an opportunity to make new friends and be part of a team.

Scan for more ideas!

5- Get outdoors and stay active in the fresh air. If it's raining, why not try a dance or Zumba video on YouTube?
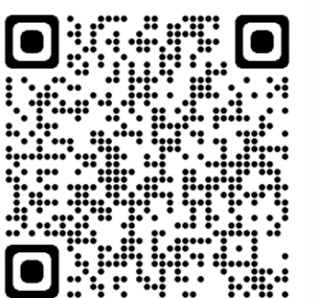
#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!
thankskids@covwarkpt.nhs.uk

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.