

Friday 17th May 2024

How are you?





The Mental Health Foundation's Mental Health Week 2024

Learning Objectives:



- To know some ways of keeping your body healthy.



- To know some ways of keeping your mind healthy.



- To understand the link between physical and mental health.



- To set goals for moving more to help my mental health

We are a Gold Level Rights Respecting School!

CRC Article 6:

All children have the right to life.

CRC Article 24:

All children have the right to the best possible health.



The Timothy Hackworth Child

is an independent learner
and decision maker

is morally, spiritually and
culturally aware

has high expectations of themselves by
endeavouring to be the best that they
can be

behaves responsibly online and
knows how to stay safe

co-operates and works as part of a
team

knows how to be physically
and mentally healthy

has a sense of well being and
can lead a safe, fulfilling life

is adaptable and
creative



demonstrates kindness, integrity,
generosity and honesty

knows how to develop and
value positive relationships

is tolerant, respectful and treats
everyone equally

is prepared for life in Modern
Britain and is able to contribute

is adventurous, resilient and has a
positive growth mindset

knows and respects their rights and
the rights of others

is a confident, enthusiastic
reader, creative writer and has
the ability to apply Maths
skills to everyday life

What Is Mental Health?

Mental health is all about how we think, feel and act.

Sometimes people have happy, comfortable thoughts and feelings.

Sometimes, people have thoughts and feelings that don't feel so good and might feel upsetting or uncomfortable.

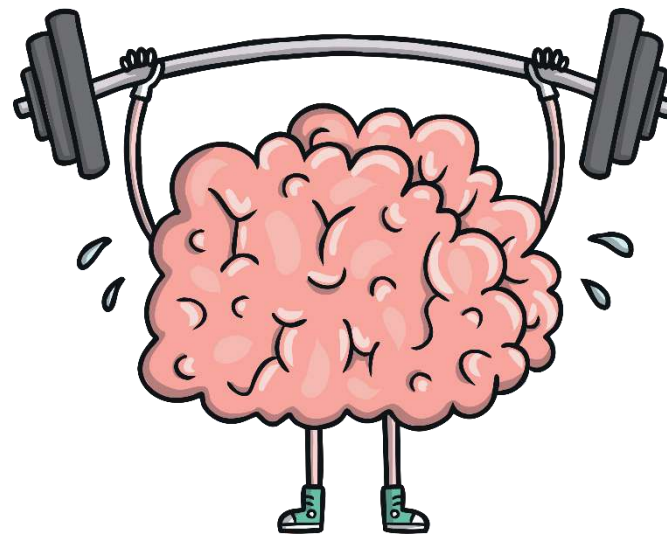
All these thoughts and feelings are what make up our mental health.

Everyone's experience of mental health is different, no two people are the same.

Healthy Minds

To look after our mental health, it's important to keep our minds healthy.

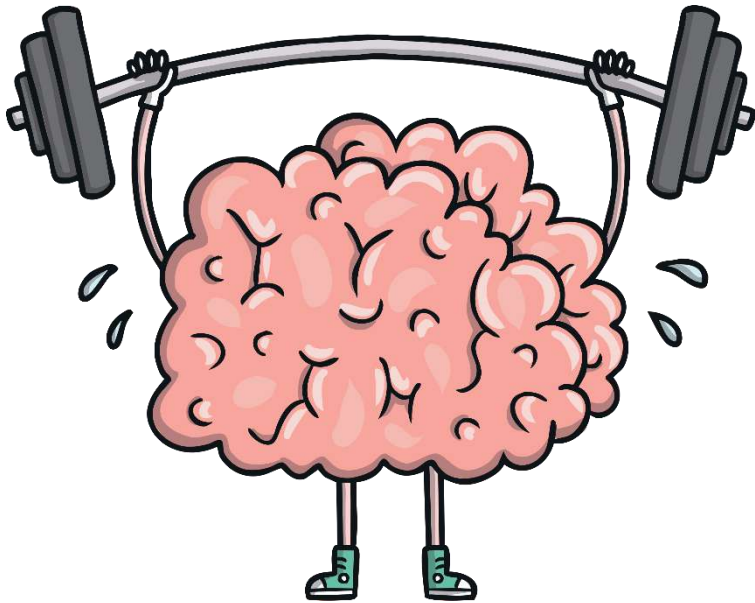
How do we keep our minds healthy to stop us from worrying and being anxious or nervous? Talk to your partner.



reading

exercise

relaxation



talking to an adult

getting some fresh air

spending some time with a friend

listening to music

resting

writing our thoughts down



Healthy Bodies

Did you know, that one of the most important things we can do to help protect our mental health, is movement?

By being physically active, even for short bursts of just 10 minutes, we not only make sure our body stays healthy and strong we also make sure our mental health stays strong too.

How do you keep your body healthy? Talk to your partner.



Minds and Bodies

Our minds and bodies are connected.

To be healthy we need to have both healthy minds and healthy bodies.

Our mind can affect our body and our body can affect our mind. We need to look after our minds and our bodies to be healthy inside and out.

This week is the Mental Health Foundation
Mental Health Awareness Week 2024.

This year, the theme is
Moving More for Your
Mental Health



Here are some tips, from the Mental Health Foundation, for moving more.



Find moments for movement every day

When life's busy, it can be tricky finding time for wellbeing-boosting activities. Finding moments for movement might be easier than you think. Why not use the time you spend waiting to move more? When you're waiting for the kettle to boil; for your kids to come out of school; or for a bus to arrive. These moments will add up!

Set small, achievable goals

Set yourself small goals. It might be walking to the end of your street. Then you can push yourself a little further each day. As you make progress, you will create positive feelings that can boost your confidence and mood.



Take a break from sitting

Many of us sit for long periods during the day: working at desks, driving, or watching our favourite TV show. Research shows that it's unhealthy to be still for long. Set a timer to take regular breaks to stand up, walk around and stretch.

Find the fun

Choose activities you enjoy that get you moving. Instead of thinking of movement as a chore, embrace your inner child and find the joy in movement. Fun alongside movement will increase your motivation and the psychological benefits.



Connect with others

We can strengthen our relationships or even make new friends when we take part in moving with others. These social connections are also great for our mental health. Think about ways to make your catch-up with friends more active. Check out groups and activities happening in your area.

Move in nature

Research suggests that moving in nature has greater positive effects on our wellbeing compared to indoors. Take your moments for movement out in the wild. Go for a walk in the countryside or try cold water swimming. Parks, gardens, nature reserves, all provide opportunities for movement and meeting new people.



Try something new

Trying new experiences can boost our wellbeing. Pushing ourselves to try new things opens us up to new opportunities for movement, making new friends, and having fun. Having the courage to try something new will also give your confidence a boost.

Plan things to look forward to

Having events and plans in the diary to look forward to is great for mental health, it can give a sense of hope and excitement for the future. Add moments for movement to your diary and make plans to do fun things that you can get excited about.



Listen to the music that gets you moving

Some songs are just made for moving. We all have favourite tunes that get us dancing. So, crank them up and have a living room disco where you can dance like no-one's watching!

Get more tips and advice at
[MENTALHEALTH.ORG.UK/MHAW](https://www.mentalhealth.org.uk/mhaw)



MENTAL HEALTH AWARENESS WEEK
13-19 MAY 2024

Movement



Movement is good
for our bodies and
minds

Think About It

Think about how many different ways you move in a day. What would happen if you doubled that? How about making it even more fun? Instead of walking, could you skip? Instead of

running, could you hop,
jump or dance?

How Do Artists Capture Movement?

Artists capture movement in many different ways. Sometimes, they make an observational sketch or sculpture of a person. The position of the head, body and limbs suggests movement. A simple stick

Stik is one artist who uses simple lines and shapes in his work. The position of the eyes and arms in this garden mural is all that is needed to show the characters are moving.



What could you do to move more?

- Talk to your partner and suggest ways that you could move more.
- Think about what you could do, when you could do it, where and who with.
- Finally, set yourselves an easy goal for moving more and share this with each other.

Mindfulness is not only an activity where we sit down and try to be still and focused, it is designed to be used in daily life. We can be mindful at any time and we can be mindful of any activity. Being mindful can help us to feel calm and look after our mental health and wellbeing. Try these challenges during your day and practise really noticing your sensations and feelings.

Brushing Your Teeth

As you brush, pay attention to:

- the sensations in your arms;
- the feel of the brush on your teeth;
- the feel of the toothbrush in your hand;
- the sensations in your mouth.

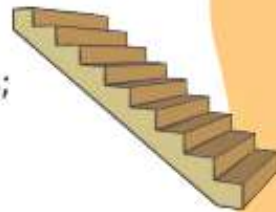


Well done for taking a mindful moment!
How do you feel?

Climbing the Stairs

As you walk up or down the stairs, pay attention to:

- the changing pressure on your feet;
- the movements of muscles in your legs;
- the sensations as your arms move and help you to balance.



Well done for taking a mindful moment!
How do you feel?

Reading

As you pick up your book, pay attention to:

- the weight of the book;
- the texture of the cover;
- the feel of the pages on your fingertips.



Well done for taking a mindful moment!
How do you feel?

Having a Drink

When you have a drink, pay attention to:

- the feel of the glass or cup in your hand;
- the temperature of the glass or cup;
- the sensations in your arms as you lift the drink.



Well done for taking a mindful moment!
How do you feel?



Individual Liberty.

I am responsible for my own health and wellbeing and for making sure I look after my health in the best possible way.

Reflection



Respect and attitudes towards different religious, ethnic and socio-economic groups in the local, national and global communities.

Do you feel you move around enough and look after your health as well as you could?

What might the consequences be if you don't look after your mental and physical health?

Which of the 17 Global Goals have we focused on today?



Which of the 17 Global Goals have we focused on today?



Reading recommendations linked to our Family Group ... 😊

