

Wellbeing Boost for Schools – Week Three - Exercising

Welcome back to your third Wellbeing Boost this term, which is about exercising and taking care of your body. You are probably well aware that there are connections between the mind and the body. Exercise releases dopamine and endorphins which can lift us out of low mood and depression.

If you are currently 'stuck at home', spending hours on the computer, teaching and communicating online, or you have youngsters at home learning online, we can feel really frustrated, exhausted and maybe quite low. Here are some simple ideas to consider, some of which you are possibly well aware of:



- ✓ Unplug technology and get some fresh air, even for 5 minute mini-breaks.
- ✓ Drink more water.
- ✓ Eat some more nutritious food.
- ✓ Create a circuit of 100 movements with your children, or just for you to do; 25 star jumps, run on the spot for 25 steps, 25 hops on one leg, finally reach down and touch your toes 25 times. Ask the children to invent a circuit for their class, whether they are at home or at school. To benefit from the endorphin release the adults need to join them too!
- ✓ Throw a ball against a wall or in the air and catch it x times – what might your record be?
- ✓ Dance to music for 5 minutes every hour – great for children to do to relieve stress – ask them to provide the music.
- ✓ Create a good bedtime/sleep routine.

Ask the children these questions, talk with them and use their suggestions

1. What can we do to keep healthy? – walk, move round the house, sleep etc
2. What can we eat to keep healthy? Fruit, veg, eat a little slower, drink water regularly etc
3. What can we remember to do to keep healthy? – wash hands, brush teeth, have a bath/shower etc

You may already be familiar with Joe Wicks:

https://www.google.co.uk/search?sxsrf=ALeKk02NQaVFF_iFx_ml336RfhfnUISBMw:1611758565240&q=Joe+Wicks+for+kids&sa=X&ved=2ahUKEwiP3PnFrLzuAhXvSxUIHVqMCcMQ1QIwK3oECDQQAQ&biw=1280&bih=609 for a 5 minute kids workout.

There are free ideas and resources for schools and parents, including ideas for movement with children on the Place 2 be website: <https://www.place2be.org.uk/>. They also have resources and ideas specifically around Coronavirus. <https://www.place2be.org.uk/media/ggje55xe/healthy-inside-and-out-activities-for-schools.pdf>

Best wishes for a happier week ahead and feel free to share this and the other wellbeing boosts when you connect with friends, colleagues and family.

Take care of your mind and body!

John Fardon (Education Inclusion Officer – Mental Health)

