

# Linking physical activity and wellbeing



# Six ways to wellbeing



# Reframing our conversations





# Six Ways to Wellbeing



**Be Active** - Go for a walk or run. Step outside. Play a game. Garden. Dance. Exercising makes you feel good. Discover a physical activity that you enjoy.



**Keep Learning** - Try something new. Rediscover an old interest. Sign up for a course. Learning new things will make you more confident, as well as being fun.



**Give** - Do something nice for a friend or stranger. Smile. Volunteer your time. See yourself, and your happiness, linked to the wider community it's rewarding.



**Connect** - with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community.



**Take Notice** - Be curious. Catch sight of the beautiful. Remark on the unusual. Savour the moment. Be aware of the world around you and what you are feeling.



**Care for the planet** - Make small changes to your life that will reduce your energy use, recycle more, leave the car at home.

# Connect, be active, be together

**Mental Health Awareness Week**  
9 - 15 May 2012

**Let's Connect!**

**5** Think of all the **animals** in the world, all different shapes and sizes. Can you move like them? frog (lump) - bear (hands and feet) - crab (sideways) - caterpillar (stretch and shrink). Now choose your own, maybe your favourite animal or one you are most like. Maybe you are strong like an elephant, proud like a peacock, relaxed like a cat.

**4** Think of your favourite **colour**. How does it make you feel? Can you move your body in a way that matches how the colour makes you feel? Think of three more colours and move in a way that matches each one. Maybe blue makes you move like gentle waves on the sea, or perhaps yellow makes you stretch and pop like a balloon!

**3** Think of three **people** you enjoy spending time with or would like to spend more time with. Can you use your body to spell out their names? Make your body into letter shapes or write their names in the air with different body parts e.g. hand, knee, nose.

**2** Think of two **places** you have enjoyed spending time in or you would like to visit. Walk around whilst you imagine exploring everything about that place. Act out opening doors, looking around corners, looking at the view. What or who can you see? Think of one word to describe each place as you are doing it.

**1** Think of one **movement** you can do really well, or something you would like to do better. Can you balance, stretch, catch, skip, dance, swim, touch your toes, hop? Would you like to be able to kick a ball, write beautifully, sing, climb or cycle? Pair up with someone in the room. Did you choose the same or different movements? Tell each other how you learned the movement, or how you could improve.

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## Active Together

Doing something active is great for our mental health. Reflecting on memories and making plans based on shared interests and personal goals can kickstart the positive effects. Make a short list of activities you've done when you felt connected to others. They can be small everyday things. E.g. having a kick about, chatting in the car/on a walk, or singing a song together.

What did you like about those times? Who were you with? How did you feel/think? Why were they meaningful? Could you do similar things in the future? Brainstorm some suggestions as a class. Write down who you could do them with and how you would suggest it to them.

It helps to decide when to do these things so that they go ahead. You could arrange a specific time in the week that works, or add them onto something you already do e.g. after school, before dinner.

# General tips for wellbeing – As adults, we can be role models

- **Healthy eating**

Fuel your brain as well as your body - no one can think straight on coffee and chocolate. Eat fresh fruit and vegetables and have a proper breakfast.

- **Sleep well**

Wind down before bed and don't work under the duvet - your bed is a sanctuary, not a desk. Get your eight hours.

- **Keep active**

Nothing de-stresses the mind faster than physical activity, so build it into your timetable.

- **Hobbies and interests**

Spending time doing something that you enjoy helps us to relax, have fun, challenge ourselves and learn new skills.



**Kent Community Health**  
NHS Foundation Trust



# Thank You

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