

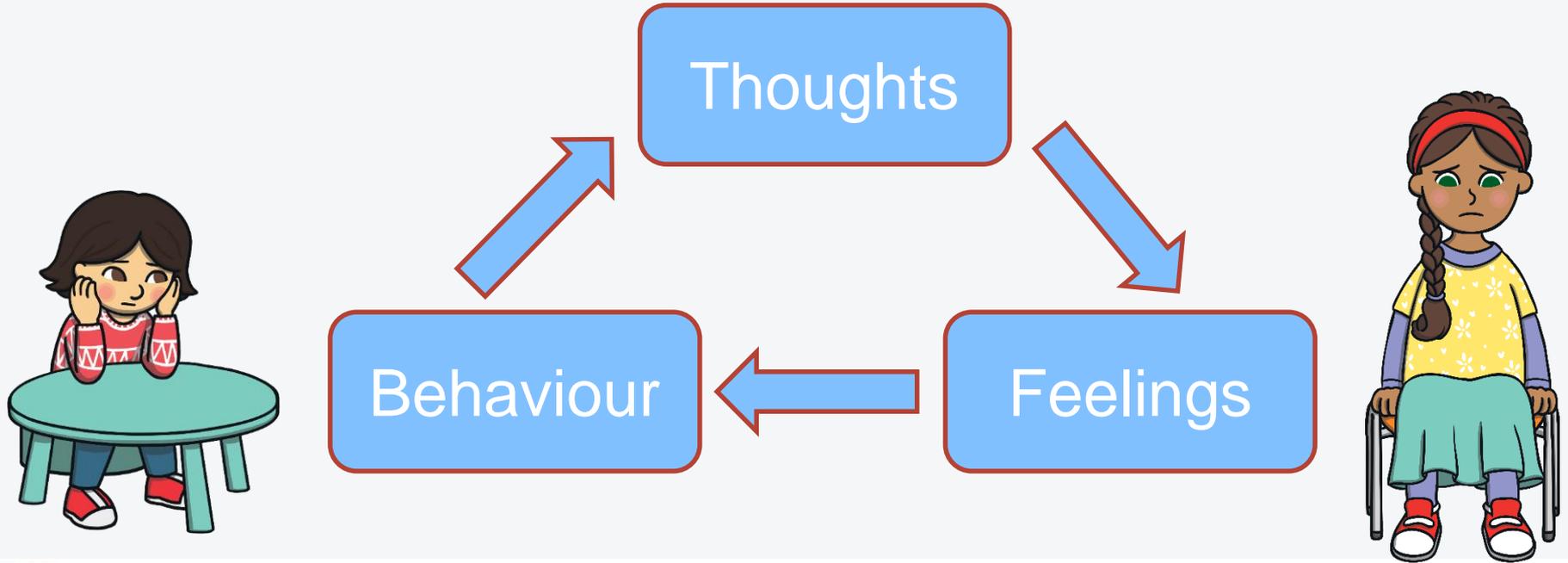


Mental Health Awareness Week

MOVEMENT



What is mental health?





WE ALL HAVE MENTAL HEALTH

There are lots of emotions we may experience.

There are no right or wrong emotions.





Benefits of exercise

- ✓ Increases your energy
- ✓ Boosts your self-esteem
- ✓ Reduces stress and worries





Moving More – Top Tips

- ✓ Find moments every day
- ✓ Take a break from sitting
- ✓ Find the fun



Roll a Task: Brain Break

1	20 Jumping Jacks	
2	15 Sit-Ups	
3	Hop on one foot	
4	10 Push-Ups	
5	Touch your toes (hold 15 seconds)	
6	Run in place	

Move More - Top Tips

- ✓ Move in nature
- ✓ Exercise with a friend
- ✓ Use music
- ✓ Try something new





Animal Movement Activity this week in your PE lessons



PMR

