Brighter, Happy, Healthy Children
Upskilling all staff – a lasting legacy for your school

Every adult in school can confidently facilitate activity throughout the school day to improve:

- Mental, Physical and Social Health
- Academic Performance
Today’s Journey

• Mental Wellbeing and links to Physical Health.

• The effect of exercise on the human brain.

• Strategies to develop TOTAL Wellness in every child.
What is Mental Wellness?

A state of well-being where we can \textit{cope} with the normal stresses of life and can \textit{work productively} and fruitfully.
Areas of Health and Wellbeing in school

- Good Nutrition
- Sleep
- Mental Wellness
- Mindfulness
- Healthy Relationships
- Healthy Environment
- Growth Mindset
- Exercise & activity
A question to you...

How could an Active Healthy Lifestyle positively affect Mental Wellbeing?
Build Relationships

Improve Memory and Focus

Enhances Mood

Better Sleep

Helps Depression and Anxiety

Reduces Tiredness and Fatigue

Helps Manage ADHD

Improves Resilience
Build Relationships

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“Exercise elevates Miracle-Gro (BDNF) throughout the brain!”
More Activity =

Bigger brain
Switched on
Motivated and
happier

Less Activity =

Smaller brain
Brain fog
Unengaged and
moody
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Enhances Mood
Mountain Bikers ready?
How do you feel now?

- Better mood
- Focus
- Attention
- Blood flow to brain
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How Activity Helps:
• Moderate activity releases endorphins – the happy hormones

Exercises recommended for depression and anxiety are:
• Yoga and Pilates
• Dancing and Low-impact aerobics
• Brisk walking / jogging (daily mile)
• Swimming
• Biking (wheelie clubs)
Build Relationships

Improve Memory and Focus

Improve Memory and Focus

Enhances Mood

Better Sleep

Helps Depression and Anxiety

Reduces Tiredness and Fatigue

Helps Manage ADHD

Improves Resilience and confidence

Helps Manage Depression and Anxiety

Reduces Tiredness and Fatigue
How Activity Promotes Resilience:

1. Builds up the immune system
2. Regular exercise reduces stress hormones
3. Functionally capable of everyday tasks =

   less stress to manage
Build Relationships

Improve Memory and Focus

Enhances Mood

Better Sleep

Helps Depression and Anxiety

Reduces Tiredness and Fatigue

Helps Manage ADHD

Improves Resilience
Symptom: Reduced brain activity due to insufficient levels of neuron transmitters.

Solution: Mod – Vigorous activity to promote BDNF

Symptom: Doesn’t like waiting around, seems impatient, likes to be on the go.

Solution: • Standing in line activities • **Active Learning** as part of every day

Symptom: Struggles to control emotions and has disruptive outbursts

Solution: • Grumpy Jar • Shape Breathing
Task: Learn this poem and the actions...

Oh we’re standing in a line,
We are waiting to move,
We can touch the floor,
We can touch the sky,
We can do a funky groove!
Task: Learn this poem and the actions...

Hello, Hello, my name is Mo,
I mend machines, to make them go,
I PUSH this button with my RIGHT ARM then,
I TURN this wheel with my LEFT ARM then,
I PRESS this pedal with my RIGHT FOOT then,
I STAMP my LEFT FOOT and start again!

When you add in a new action, keep going with the other actions until all your body is moving!

Use the Machines music to help you keep in time!
Improve Memory and Focus

Build Relationships

Better Sleep

Implements Resilience

Enhances Mood

Helps Depression and Anxiety

Reduces Tiredness and Fatigue

Helps Manage ADHD

Improves Resilience

Build Relationships

Better Sleep
Physical Activity and Relationship Building

• Team work
• Communication skills
• Emotion management
• Leadership
• Trust
• Listening and following instruction
• Tolerance and patience
• Resilience
Relationships and Trust via Gymnastics
Pairs Activity: Trust

Step 1:
With a partner create 2 counter balances that rely on TRUST

Key words:
- Trust
- Cooperation
- Counter Balance
To Rap or Not to Rap

1. Use the simple poem on the next slide (By Imogen Buxton-Pickles)
2. Create a rap style performance with movements and actions
3. Use our beat to work with
Friend

As I grow up, I look around,
For someone who shares my common ground,
We share our thoughts, and other stuff,
A shoulder to lean on,
When life get’s tough,
I’ve got your back,
And you have mine,
Our friendship will stand the test of time!
Improve Memory and Focus

Build Relationships

Enhances Mood

Better Sleep

Helps Depression and Anxiety

Reduces Tiredness and Fatigue

Helps Manage ADHD

Improves Resilience

Build Relationships

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Improves Resilience
How Activity Helps:

1. You are physically more tired enabling better quality sleep
2. It reduces stress enabling better quality sleep
3. Deep sleep in turn improves the ability to cope with stress
4. Quality sleep can help to boost the immune system
How Well Do You Sleep?

How do the things YOU do - leading up to BEDTIME, make you feel?

1 = Wide awake or 5 = Relaxed
Group Sleep Experiment

1. Make positive changes to your bedtime routine, keep it going for a full week!

2. Log these changes and any positive outcomes that you experience, such as:
   - Finding it easier to get up
   - Feeling more alert throughout the day
   - Having more energy throughout the day
   - Feeling happier and more motivated
   - More tolerant with others
Group Sleep Experiment

As a group we will share our findings in one week to see what types of changes have been the most effective.

Example log:

<table>
<thead>
<tr>
<th>Changes I have made</th>
<th>Effects of this change</th>
<th>Will I keep this change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Go to bed at the same time every night</td>
<td>I’m getting up is easier</td>
<td>Yes</td>
</tr>
<tr>
<td>Turned off my technology at night</td>
<td>I’m not waking up so much during the night</td>
<td>Yes</td>
</tr>
<tr>
<td>Stop drinking sugary caffeine based drinks</td>
<td>I’m getting to sleep is easier</td>
<td>Yes</td>
</tr>
</tbody>
</table>
8 areas of Health and Wellbeing in school

- Mindset: Resilience and confidence
- Mental health: Tackling stress and anxiety
- Mindfulness: Movement and breathing
- Relationships: Friendship and trust
- Exercise & activity: Throughout the day
- Eco warriors
- Healthy eating
- Sleep
Guided Meditation Audio Programme

Y1 and 2

Y3 and 4  Resilience  Confidence  Anxiety  Friendship

Y5 and 6

Visualisation techniques to help children to manage their own thoughts and feelings
Stress and Anxiety

Breathing Techniques and Managing Emotions
The Grumpy Jar

To deliver this you will need a Jar, some glitter and a jug of water.
Triangle breathing

Start here

Breathe in for 3

Hold for 3

Breathe out for 3
Square breathing

- Breathe in for 4
- Hold for 4
- Breathe out for 4
- Hold for 4
Star breathing (slowly)
The Worry Monster

1. Get an empty shoebox and cut a 1 to 2 inch wide slot in the lid.
2. Decorate it however you want or use our artwork.
3. Children write a worry down on a piece of paper and put it into the worry monster.
Post your worry into the worry monster and let him gobble it up!

You can say this poem as you put the worry in:

“...Worry Monster please eat my worry
Gobble it up quick I’m in a hurry
Chew it up and take it away
So I can be happy for the rest of the day”
1. The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness

2. Simple self-care techniques
3. There is a normal range of emotions. Mental wellbeing is a normal component of everyday life.

4. It is common for people to experience mental ill health.

The All-Party Parliamentary Group: Mental Health through Movement report October 2019

The new guidance requires primary schools to teach pupils:
The All-Party Parliamentary Group: Mental Health through Movement report October 2019

5. How to recognise and talk about their emotions
6. How to judge whether what they feel and how they behave is appropriate and proportionate.

7. Bullying (including Cyber Bullying) has a negative, often lasting, impact on mental wellbeing.
8. That isolation and loneliness can affect children and it is extremely important for them to discuss their feelings with an adult and seek support.

9. Where and how to seek support (including recognising the prompts for this).
Movement to be re-positioned as part of a holistic approach to healthy living in which simple lifestyle choices can improve an individual’s physical, social and mental health.
Do you want to win FREE CPD for your school? @imovesactive

Simply mention us on Twitter and we will enter your school into our prize draw!

One school per half term will win 1 hour whole staff CPD around Active Schools or Mental Health and Wellbeing!
What have you found most useful about today’s workshop?