

Wellbeing fact sheet

Teachers: Print this fact sheet and give one section to each member of the group.



Move

- Try to add movement in the day when you feel you need it. For example, stretch or move around the room.
- Try out a new physical activity.
- Get active outside with friends, family or carers. For example, go for a run.
- Try walking or cycling to school instead of using cars or buses.
- Do some stretching or try yoga.
- Take the stairs instead of the lift, if you are able to.
- Do an online class like dance or boxing.



Sleep

- Create a bedtime routine and try to do the same thing every night. For example:
 - washing
 - brushing teeth
 - stretches
 - reading
- Do breathing exercises to slow down breathing and help with relaxation.
- Write any worries down in a diary or book.
- Think of good things that happened in the day. Can you keep a gratitude journal?
- Talk to someone trusted about anything that is on your mind.
- Try mindfulness – for example, mindful colouring.
- Limit screen-time before bed.



Eat well

- Mix it up! If possible, try some new fruits or veggies. You might discover something you love!
- Try to make more meals with fresh ingredients, this can be a fun thing to do with family or carers.
- Take on the rainbow challenge! Every time you have dinner, try to think of a way to add some colourful veggies. Aim to include as many colours as possible over the week!
- Try and get more fruits and veggies into the day by having them as snacks, instead of sweets or crisps.
- Watch out for sugar in some foods – and drinks! Sugary drinks include soft drinks, higher-sugar juice drinks, fizzy drinks (like colas) and flavoured milks.
- Swap sugary drinks for lower-sugar drinks or water. Try adding a slice of fruit to your water to make it extra refreshing!

