

Children's Mental Health Week 2019

Healthy: Inside and out

Partnership for Children is pleased to be supporting Place2Be's Children's Mental Health Week 2019 (4-10 February).

For this year's theme 'Healthy: Inside and Out', Place2Be is encouraging children, young people and adults to look after their bodies and their minds.

When we think about healthy living, we tend to focus on looking after our bodies – our physical wellbeing – through food, being active and getting enough sleep.

However, in order to be healthy overall, it's important that we look after our minds – our mental wellbeing – too. Our bodies and minds are very closely linked, so things that we do to improve our physical wellbeing can help our mental wellbeing as well.

Visit Place2Be for free resources to help schools to explore what it means to be 'healthy: inside and out' and look after our minds and bodies.

Zippy's Friends and Apple's Friends: a new Mystery Box activity

- Print out and cut up the cards and put them in the Mystery Box.
- Introduce the topic of healthy minds and bodies using the Place2Be resources or your own ideas.
- Invite the children to come and pick a card from the Mystery Box.
- For each one, ask:
 - Does it obey the Golden Rules? (If not, the child rejects it and picks another one)
 - Is it a solution connected to sleep, being active, or food and drink?
 - Is it easy or difficult?
 - If it's difficult, who or what could help to make it easier?
- Write, draw or stick all the good solutions on the board
- The children can write or draw all the solutions they liked in the three sections of the 'Healthy: Inside and Out' worksheet

You could try some of the solutions out as a class and children could rate their mood before and after.

Golden Rules

A good solution:



helps me to feel better



doesn't hurt me or anyone else

Solution Cards

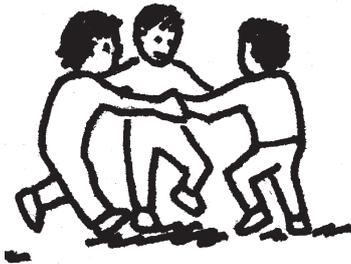
Turn off the lights or have quiet time before bed



Have a shower or a bath



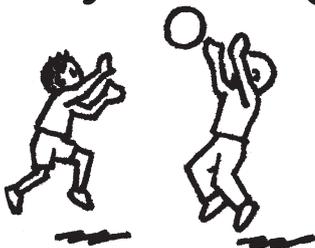
Dance



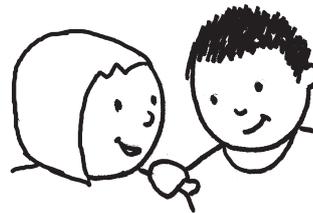
Eat breakfast



Play games where my body is moving



Tell someone if we are hungry



Stay up late watching TV or playing games

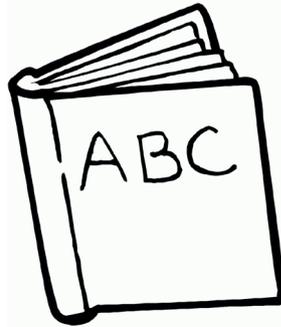


Eat lots of chocolate and sweets



Solution Cards

Go to bed earlier



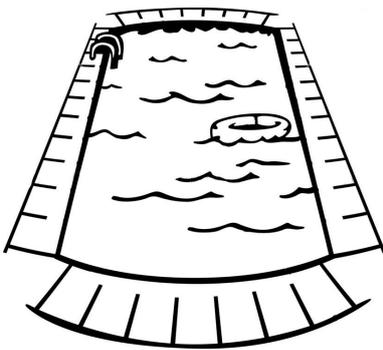
Read a book before bed



Take long deep breaths



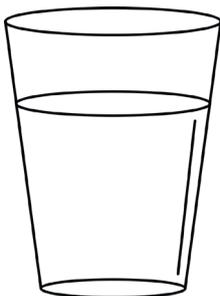
Walk



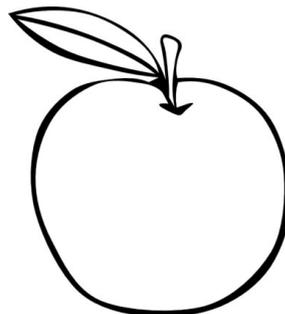
Swim



Go outside in nature



Remember to drink water



Eat more fruit and vegetables



Healthy: Inside and Out

Being active



Sleep



Food and drink

