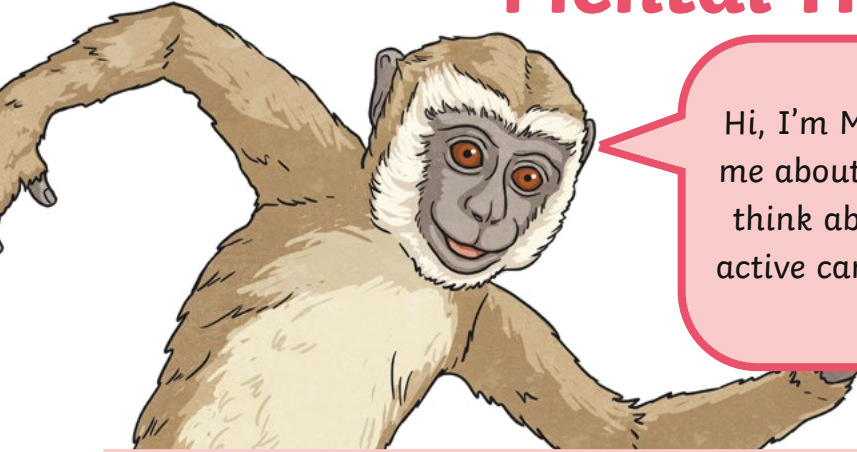


# Get Moving for Positive Mental Health



Hi, I'm Mel. Thank you for coming to learn with me about positive mental health! We're going to think about how moving our bodies and being active can be good for our mental health as well as our physical health.

Moving your body through being active each day is good for your body but it is also good for your mind because it helps you to feel happy and confident. What are your favourite ways to be active?

Walking

Cycling

Dancing

Playing with a ball

Karate

Skipping

Trampolining

Playing on a scooter

Skateboarding

Swimming

Other (please specify)

**Have you done anything active so far today?**

Yes

Not sure

No

**I love exercising and being active. When I have been active, I notice my heart rate changes.**



**What happens to your heart rate when you exercise?  
Try taking your pulse to feel your heart rate now by placing two fingers on your wrist or on your neck.**



**Now, try jogging on the spot for one minute and then feel your heart rate by taking your pulse again. Can you compare your heart rate before and after exercise?**



Do you notice any difference in how your mind is feeling?

Yes

Not sure

No

**If you have noticed a difference in how you are feeling afterwards, can you explain that here?**

As you move, your heart beats faster to get oxygen to the muscles that are working hard to help them work even harder. Your brain also gets more oxygen from your heart beating faster which means you can really concentrate. How does being active make you feel?

**I really enjoy swinging around and being active. The more active I am, the happier I feel, which helps me to feel calm and content.**



Write about a time where you have been active and felt happy. It might be at an organised club or it may be in your own home or school.

Think about one activity you particularly enjoy doing.

Which word best describes how you feel when you are engaged in that activity?

Calm	Excited
Energetic	Relaxed
Happy	Free

Now, it's over to you!

What will you do when you finish this activity?  
Choose as many as you like!

Go for a walk with my grown-ups at home.

Move more around my home.

Walk somewhere instead of travelling in a car.

Play with a ball.

Be active on equipment I have (scooter, bike, trampoline, skateboard).

Consider joining a club based on activity (either online or in person).

Play more active games.

Something else:

Going for a walk especially helps me if I am feeling frustrated or angry.

If we keep moving and are active, we help our bodies and our minds.

Goodbye for now! It was lovely being active with you today! Remember to keep moving to help your body and mind!