

Factsheet for Parents and Carers

Moving more for our mental health

Get moving with your child to support their good mental health

Why should children move more for mental health?

1. they will have less tension, stress and mental fatigue
2. they will feel more energised after a natural energy boost
3. they will feel a sense of achievement
4. they will gain more focus and motivation in all areas
5. they may feel less cross or frustrated
6. movement will build a healthy appetite
7. they will be having fun and boosting endorphins

How schools can encourage movement:

- dance! Put on some fun music and dance together like no-one is watching
- follow online some 'kids yoga' classes at home, making shapes to stretch and bend the body
- do some breathing exercises (four counts In, 8 counts Out, humming bee breath, mountain breathing)
- go to the park or any open space and walk or run in nature, then pause breathe and ask your child to mindfully notice what they can feel, see, smell, hear, touch
- create a fun treasure hunt with clues that encourage running around your garden or open space
- take a blanket outside, lie down and cloud watch. Imagine animals in the clouds and then act them out
- go on a bug, tree or flower hunt, giving specific things to find and locate them together
- make art in nature - create pieces of art from objects in the local environment encouraging movement, creativity and curiosity

A B C



Available support

Nip in the Bud

<https://nipinthebud.org/>

Mental Health Awareness Week May 2024

<https://www.childrenssociety.org.uk>

The Daily Mile

<https://thedailymile.co.uk/>

Children and Young People's Mental Health Coalition

<https://cypmhc.org.uk/>

PE with Joe

[The Body Coach TV by Joe Wicks](#)