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HOW ARE THEY FEELING?
WHY DO YOU THINK THAT?

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WHO DO YOU AGREE WITH AND WHY?

People with good mental health feel a range of emotions and learn to manage them.

JACK

People with good mental health feel happy all the time.

SHONA

Mental health means our state of mind and how we feel.

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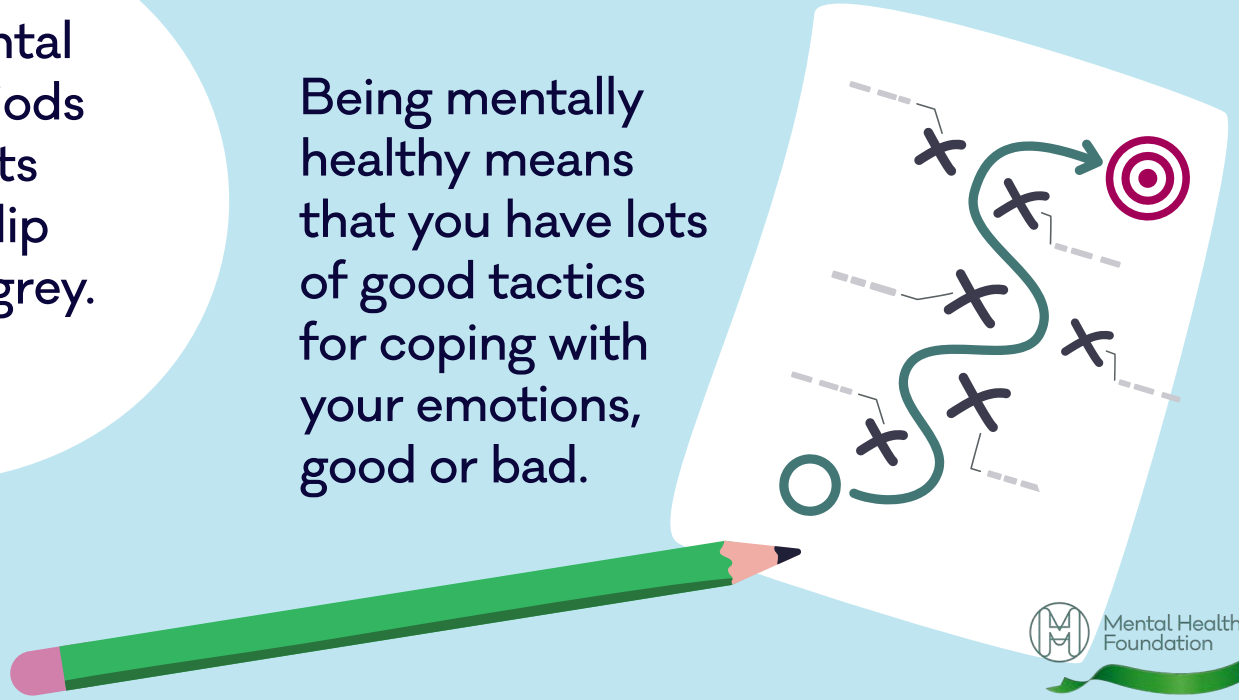
Having good mental health doesn't mean that you feel happy or positive all the time.

We all have good days and bad days.

Like the weather, your mental health can go through periods of positive and sunny bursts of energy, and it can also dip and feel a bit gloomy and grey.

Being mentally healthy means that you have lots of good tactics for coping with your emotions, good or bad.



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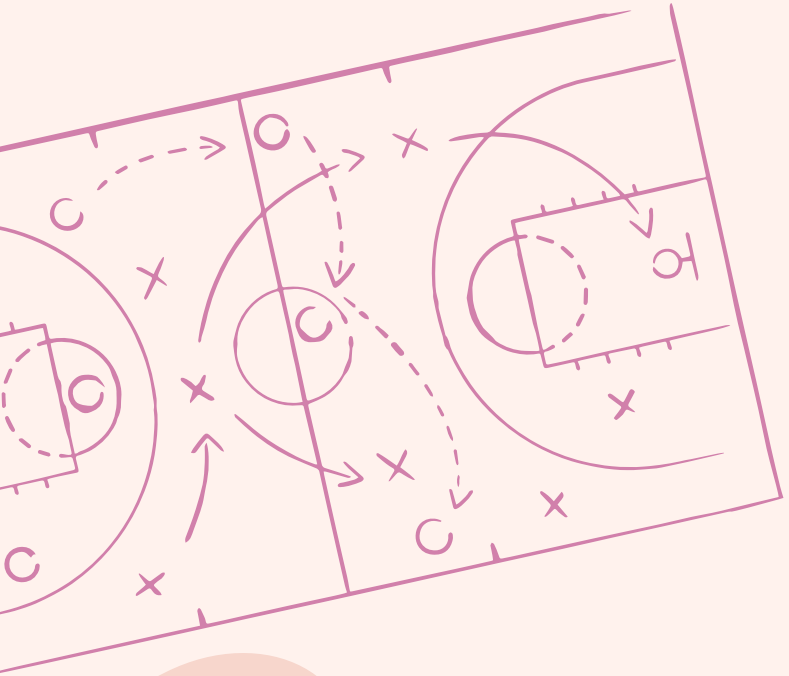
TALKING TACTICS

In sport there are always tactics (top tips and tricks) to help the person or team win.

What tactics could help you to win the following?



100M RACE

GAME OF WHEELCHAIR RUGBY

SWIMMING RACE

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Doing exercise or playing sports are great ways to be physically active, but being physically active includes any exercise that gets you moving!

It could be as simple as:

SCOOTING TO SCHOOL

DANCING TO MUSIC

GOING FOR A WALK IN THE PARK

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INCREASES OUR SPEED

IMPROVES OUR FLEXIBILITY

HELPS US TO DIGEST OUR FOOD

BUILDS MUSCLES

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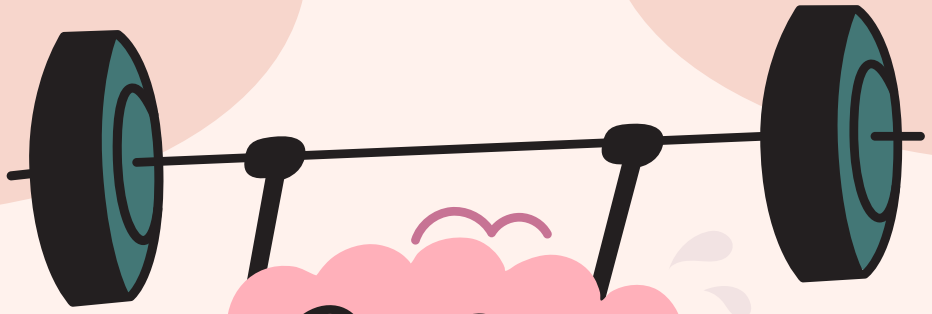
HELPS US TO CONCENTRATE

IMPROVES MOOD



BOOSTS SELF ESTEEM

BETTER SLEEP

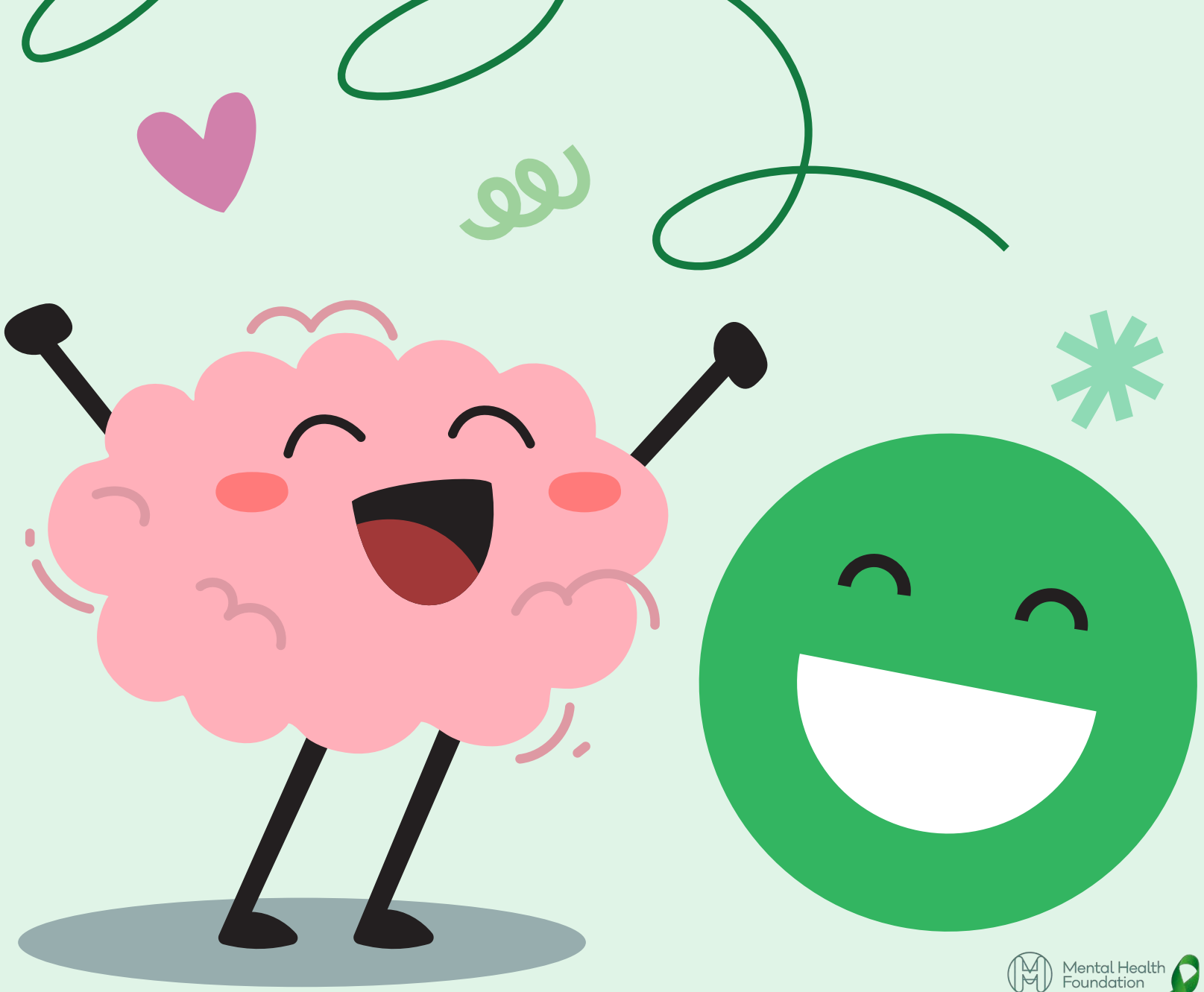
ENDORPHINS

We all have chemicals in our bodies called hormones which change our mood and how we feel.

Some make us feel happy, some make us feel angry, some make us feel sad.

When we move our bodies, it releases chemicals called endorphins.

Endorphins send signals/ messages to our brains that help us to feel happier.



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WE WANT TO BOOST OUR FEEL GOOD HORMONES EVERY DAY IF WE CAN, BY MOVING OUR BODIES.

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MOVEMENT HELPS YOU KEEP YOUR COOL!

FEEL YOUR BEST, DO WELL IN SCHOOL!

YOU CAN MOVE IN YOUR OWN WAY!

GET MOVING FOR 1 HOUR EACH DAY!

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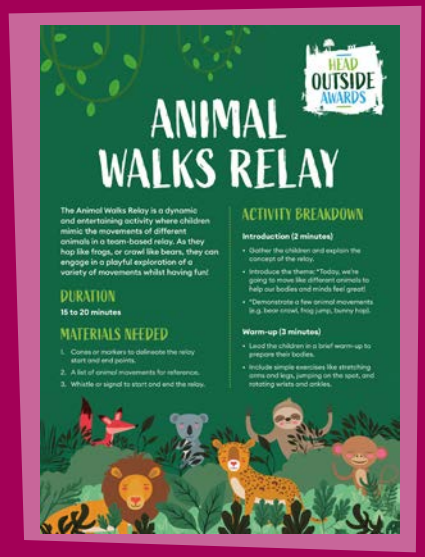
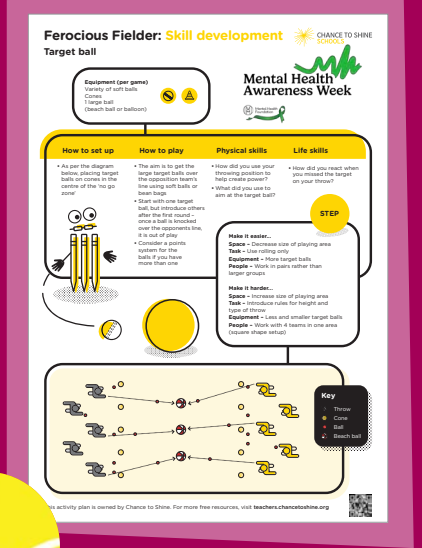
THE GAME

LET'S GIVE IT A GO!





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THE END OF GAME CELEBRATION

How does physical activity and movement help to improve our mental health?

What physical activities can you add to your daily routine, what would you enjoy?

NOW IT'S TIME TO CELEBRATE!

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THE COOL DOWN

Let's take a moment to relax our bodies and minds and prepare for the rest of the day.

Think about how you feel right now.

Breathe.

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