

Parent and Carer Leaflet



GET ACTIVE

'To keep the body in good health is a duty ... otherwise we shall not be able to keep our mind strong and clear.'

Buddha

Parent and Carer Leaflet



GET ACTIVE

'To keep the body in good health is a duty ... otherwise we shall not be able to keep our mind strong and clear.'

Buddha

Get Active

Looking after the body and mind is important for our health. Taking part in regular exercise, or being active in other ways, brings many benefits to our physical health as well as our mental wellbeing.

Through this unit, the children will learn that in order to help us feel resilient, we need to live a well balanced and healthy life. When we feel 'down', being active is sometimes the last thing on our mind. However, when we adopt an active lifestyle, fuel our body with proper nutrition and respect our bodies by allowing time to rest and relax, it can lead to a longer, healthier and more fulfilling life.



In this unit Skipper is feeling 'down' and as a result he doesn't feel like doing anything. When his friend encourages him to go for a cycle run, Skipper learns that having a range of hobbies and interests that we enjoy doing helps us to feel better. Trying a new activity involves taking a risk, but with practice it also helps to build our self-confidence.

In this unit, we will be learning that:

- Being active is not only good for the body but also for the mind.
- I have a range of hobbies and interests that I enjoy doing.
- Doing anything new involves taking a risk.

Talk It Over:

Share with your child the activities and hobbies you enjoy doing that help you when you are feeling low.

Home Activity:

Introduce the 'Do Something New for 30 Days Challenge' to your family. Together, identify something new you are going to do to improve your health.

Key Book: *Augustus and His Smile* by Catherine Rayner

Get Active

Looking after the body and mind is important for our health. Taking part in regular exercise, or being active in other ways, brings many benefits to our physical health as well as our mental wellbeing.

Through this unit, the children will learn that in order to help us feel resilient, we need to live a well-balanced and healthy life. When we feel 'down', being active is sometimes the last thing on our mind. However, when we adopt an active lifestyle, fuel our body with proper nutrition and respect our bodies by allowing time to rest and relax, it can lead to a longer, healthier and more fulfilling life.



In this unit Skipper is feeling 'down' and as a result he doesn't feel like doing anything. When his friend encourages him to go for a cycle run, Skipper learns that having a range of hobbies and interests that we enjoy doing helps us to feel better. Trying a new activity involves taking a risk, but with practice it also helps to build our self-confidence.

In this unit, we will be learning that:

- Being active is not only good for the body but also for the mind.
- I have a range of hobbies and interests that I enjoy doing.
- Doing anything new involves taking a risk.

Talk It Over:

Share with your child the activities and hobbies you enjoy doing that help you when you are feeling low.

Home Activity:

Introduce the 'Do Something New for 30 Days Challenge' to your family. Together, identify something new you are going to do to improve your health.

Key Book: *Augustus and His Smile* by Catherine Rayner