

Mindfulness moments!



This week is all about 'Happy hydrating!'

We all know that staying hydrated is essential for our overall health but do you know it is also important for your brain as well? Studies show that 73% of our brain is made up of water and if our water intake is low, this can influence our concentration, mood and energy levels. This along with the staggering statistic that 89% of the UK population are not drinking enough water to maintain healthy hydration levels leads us to ask- how can we get our children to drink more water?

KS1: Keeping younger children fully hydrated can be a real problem if they do not like to drink water. The good news is that only 70-80% of your daily hydration comes from drinking water; 20-30% actually comes from your food intake. Getting your child to munch on vegetables and fruit that are filled to the brim with water will increase their water intake. Check out some top picks that are also firm favourites with younger children: cucumbers (97% water), celery (96% water), tomatoes (95% water), watermelon (92% water) and strawberries (90% water). KS1 children should be drinking 4-6 cups of water a day to maintain healthy hydration levels.

KS2: Invest in a reusable water bottle that your child can carry with them throughout the day. If they are mindful of keeping the bottle with them where ever they go, they will be more likely to keep sipping throughout the day. You can challenge them to refill their bottle a certain amount of times a day so that they are both more aware and responsible for their own water intake. KS2 children should be drinking 6-8 glasses of water a day to maintain healthy hydration levels.

Fun time: Make sipping fun- invest in a set of crazy straws and ice cube trays that create fun shaped ice cubes that can be added to water. Also adding slices of fresh fruit and herbs such as mint help to flavour the water in a healthy way.

If you have any questions about Let's Talk or would like to talk to Mrs Watkins about a particular concern regarding your child's mental health and well-being, please contact her through wellbeing@emmanuel.camden.sch.uk.