

Mindfulness moments!

Let's talk

This week is all about 'Staying active'

With the half term fast approaching, it is a perfect time to gain some tips on how to keep your child active during the holidays. Mental health goes hand in hand with physical fitness. In fact, mental and physical health are interconnected as exercising can help elevate your child's mood and improve their physical health. During this week along with many other parents, you will be battling against gaming consoles, social media and TV to get your child's attention but making sure that time is prioritised away from these activities will benefit them- even if they don't believe you! Pre-warning them beforehand and letting them pick the activity usually helps to win this battle. They could pick from the following activities:

1. **Crank up the music and boogie down-** children of all ages love this especially if they get to pick the song!
2. **Make a game out of household chores-** turn tidying their room into a challenge by timing them and getting them to complete 10 star jumps for every minute it takes them to complete it.
3. **Going to the park-** this is free and the possibility are endless from cycling to relay races.
4. **Turn TV adverts into fitness breaks** by challenging them to jog on the spot when an ad comes on the screen.
5. **Team up for gardening and get you child involved.**
6. **Walk the dog and challenge them to tire the dog out** while they are tiring out themselves at the same time.



Fun time: We would love to hear about any activities that you get up by emailing us some pictures using the email address below.

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.