Facts4Life Activity Mat

Check In Activity

Mental Wellbeing Boost!

Think back over the past 24 hours. What were the things you did to boost your mental wellbeing? (being active, connecting with others, relaxing, learning something new, doing something kind etc.)
Give yourself a score out of 10 for how well you think you did.
If you were to raise your score by at least 1 point tomorrow what would you do differently? See if you can achieve that score.

What happens in your brain when you exercise?

Watch this short video https://www.youtube.com/watch?v=RwfxQKP2Bmk and answer the following questions:

What effects do the following have on the brain? –

- BDNF and endorphins
- Endorphins
- Increased blood flow and oxygen

In what other ways can exercise affect someone's mental wellbeing?

Further research: The video says that adults are advised to do 150 minutes of physical activity a week. What is the recommendation for children and young people? The following website will help: https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/

Use the ideas on the website to devise a week's physical activity plan for someone your age. Include activities which increase heart and breathing rate and which strengthen muscles and bones. Include simple ideas like getting off the bus one stop early and walking, taking the stairs instead of a lift etc. Think about the things that are possible given the current national restrictions. Share your plan with a friend or someone in your family.

Puzzle Time!

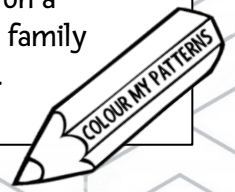
Unscramble these words and use the numbered letters to work out the phrase on the right. (Hint: all these words are to do with the exercise video).

SIXRECEE						1			
YITVICTA	3	6			9				
GINBLEWEL									
TINXEYA	5					2			
SIDSEPRENO					10				
STRSES		7							
DINNPHORE							8		
GONEXY			4						

1	2	3	4		

5	6	7	8	9	10

Make your own word puzzle to test out on a friend or family member.



Be Active Challenge

Facts4Life

Being active has been proven to improve physical health and mental wellbeing.

Look at the physical activity plan you drew up. Set yourself the challenge of attempting to undertake the plan over the next seven days. You might find it easier if a family member or friend tries it too as you can support and encourage each other.

At the end of the seven days think about how successful you were. Which activities did you enjoy the most? Were there things that made it hard to achieve the challenge? How could you tweak it so that it works better for you?

For more wellbeing ideas , see https://facts4life.org/for-parents-carers/