

# Body Wellbeing



## **Being active can really help to lift your spirits.**

- Try this beginners work out for kids, from [Joe Wicks](#)
  - Set a regular alarm to remind you to move
- Set yourself a challenge (such as how many star jumps or sit ups can you do in one minute?)
  - Try this [simple yoga for kids to do at home](#), with visual prompts
- Sign up for a [GoNoodle account](#) for free, for movement break ideas
- Sleep well: It is also important to get good quality sleep. If your mind feels full up or your emotions are overwhelming, you will find it hard to enjoy a good nights sleep. There are lots of free soothing mediation or sound videos or find a podcast which is funny. Write your thoughts on a note pad or a to do list then put it out of sight until the morning. Try deep breathing for at least 3 minutes, slowly through your nose and out from your mouth.
- Eat well: Eating high levels of fruit and vegetables has been found to improve wellbeing. Plan ahead and try and limit the 'unhealthy' snacks to treat times.