

Wellbeing

Physical Activity

Name:

Date:



The NHS website tells us that doing physical activity can help raise our self-esteem and positively change our mood. We know that doing exercise releases chemicals in our brain that help with mood, stress relief, and is a way to keep us focussed when it feels like our mind is racing around. Physical activity can also give us a sense of achievement. For example, if you start using a skipping rope, with time and practice you might be able to do special tricks. Similar with football or dancing.



Do you do any physical activity that you enjoy? If so, use the space to draw or write what you do and roughly how often. If not, think about what you might like to do.



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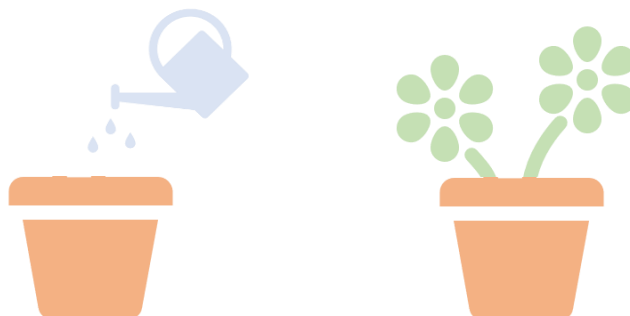
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Think about a flower for a moment. You water it and look after it because that's what it needs to live. In the same way, we shouldn't see physical activity as something we *have* to do, but instead something we do to keep our body healthy. Being physically active is a way of taking care of our bodies.



The NHS recommend at least one hour of moderate physical activity each day for young people aged 5 to 18. This can be things like walking to school, walking your dog, riding your scooter – things like that. The important thing to note is that physical activity can be fun!

Fill in the water drops with some new activities you can try out to make your time of physical activity more fun, and maybe write down the name of a person or some people you can do these things with. For example, you could try riding your scooter with a friend, or playing football with a sibling.

