

5 Activities for a Healthy Mind

Connect- with people

- **PUT DOWN THE PHONE, TURN OFF THE COMPUTER AND SWITCH OFF THE TV.**
- Play with your friends in person, call to a friends house.
- Talk to your family or friends face to face not online.
- If you have to contact somebody using the phone or computer, use skype or call them.

Getting Active

- Join your classmates and friends games.
- Why not join a club outside of school
- Visit the playground, skatepark, get outside after school.
- Walk, cycle or scooter to school or the shops.

Get Involved - by helping others

- Help your parents with the Housework.
- Help your younger brothers or sisters.
- Do a litter pick up around your house or with your friends in the neighbourhood.

Give Back – Be Kind to others

- Lend a classmate a pencil etc.
- Help somebody (even if they are not your friend)
- Share your toys.
- Give a compliment.

‘I like your hair’

‘I think you’re great’

Take Notice – of the world and people around you.

- Go for a walk and listen to nature.
- Be curious about the world around you and explore.
- Talk to somebody in the class that you wouldn't usually talk to, ask them about themselves, What are their hobbies? What music/ or football team do they like?
- Play a new game on yard that you have never played before.