

# Looking after your Health and Wellbeing

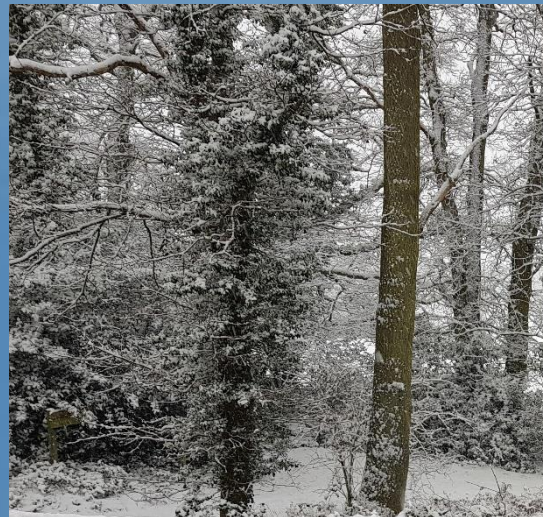
Brimpton Church of England  
Primary School

Presentation by:

Fatema Hafizji






BSc Psychology, NCD, NLP

Health and Wellbeing Consultant

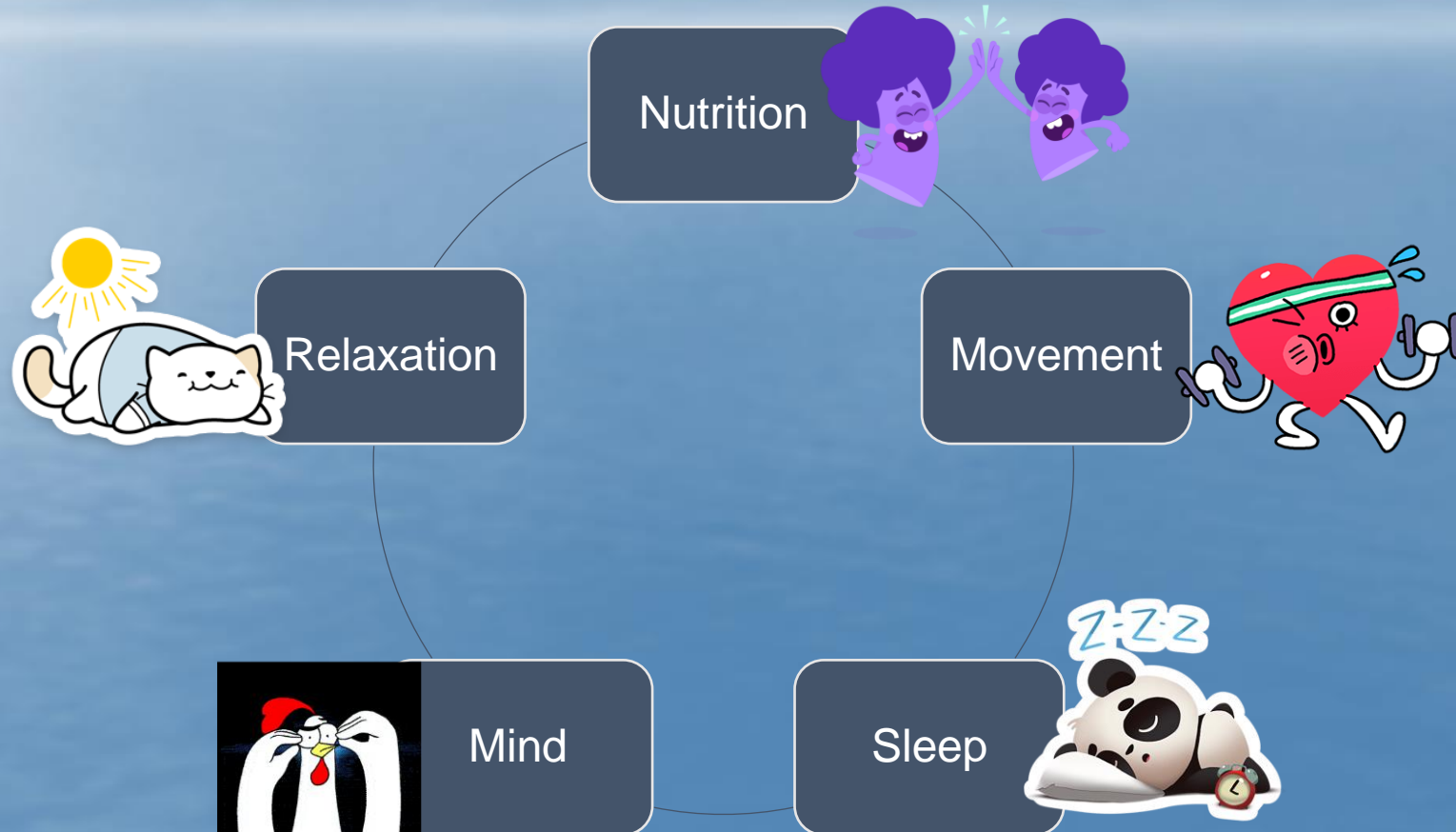


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# ACTIVITY: USING YOUR SENSES

- What can you see? 
- What can you hear? 
- What can you smell? 
- What can you taste? 
- What can you touch? 
- Sensory activity used to help relaxation and focus

# HOW CAN WE LOOK AFTER OUR HEALTH AND WELLBEING?



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# WHAT DOES HEALTHY EATING MEAN TO YOU?




Varied



No junk  
food



Balanced



Fruits and  
Vegetables



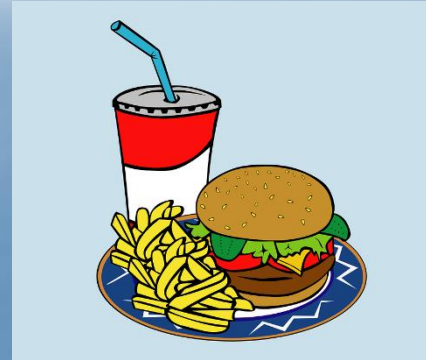
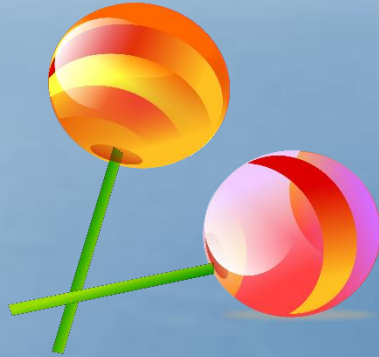
Colourful



Portion  
Sizes

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# WHAT KINDS OF FOODS SHOULD WE NOT HAVE TOO MUCH OF?



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# IF WE EAT TOO MANY UNHEALTHY FOODS, HOW CAN THIS AFFECT US?



Stomach  
ache



Low Energy



Illnesses



Mind



Teeth

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# WHAT KINDS OF HEALTHY FOODS CAN I EAT?



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# WHY IS MOVEMENT IMPORTANT?



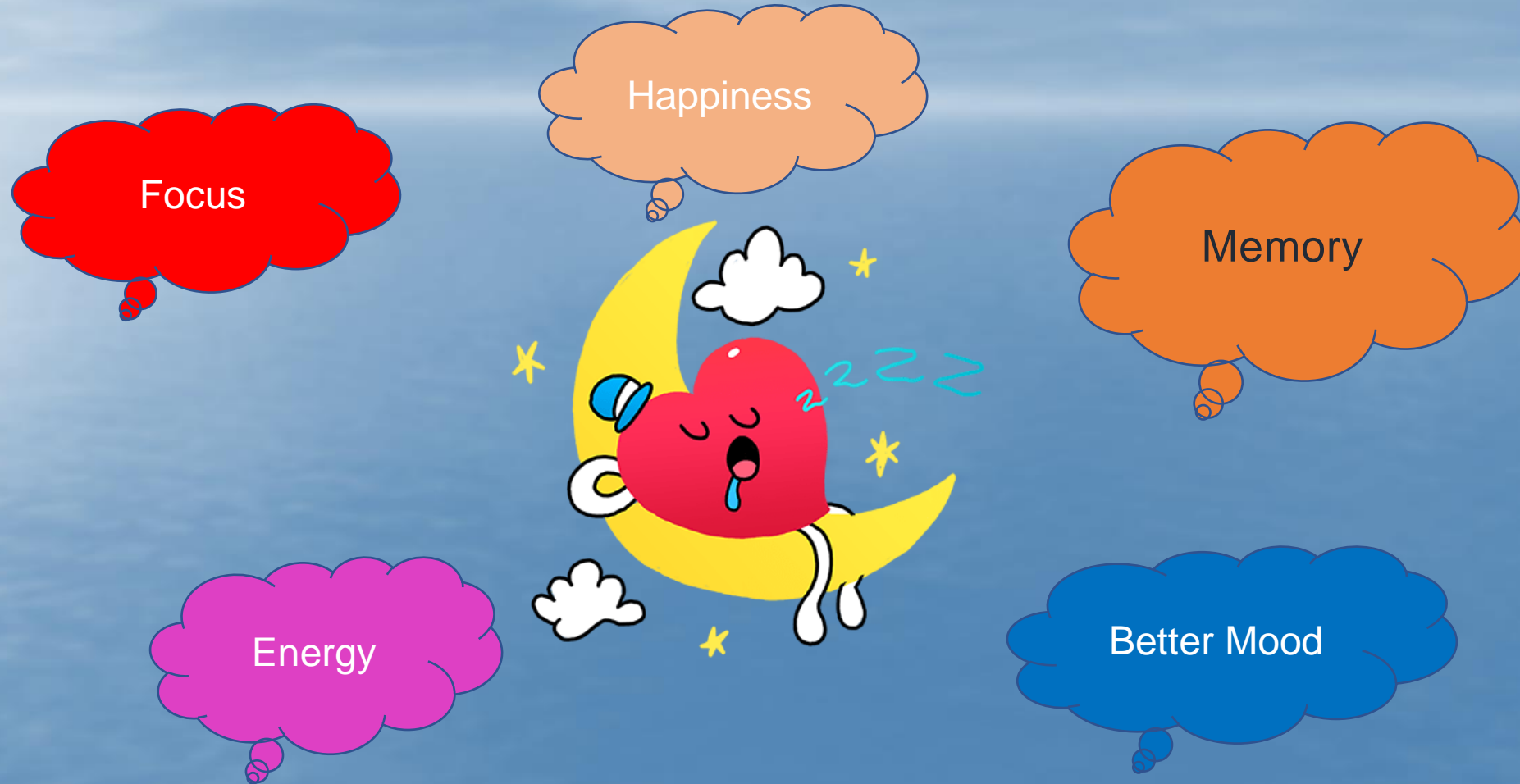
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# WHAT KINDS OF MOVEMENT ACTIVITIES DO YOU TAKE PART IN?



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# WHY IS SLEEP IMPORTANT FOR OUR HEALTH AND WELLBEING?



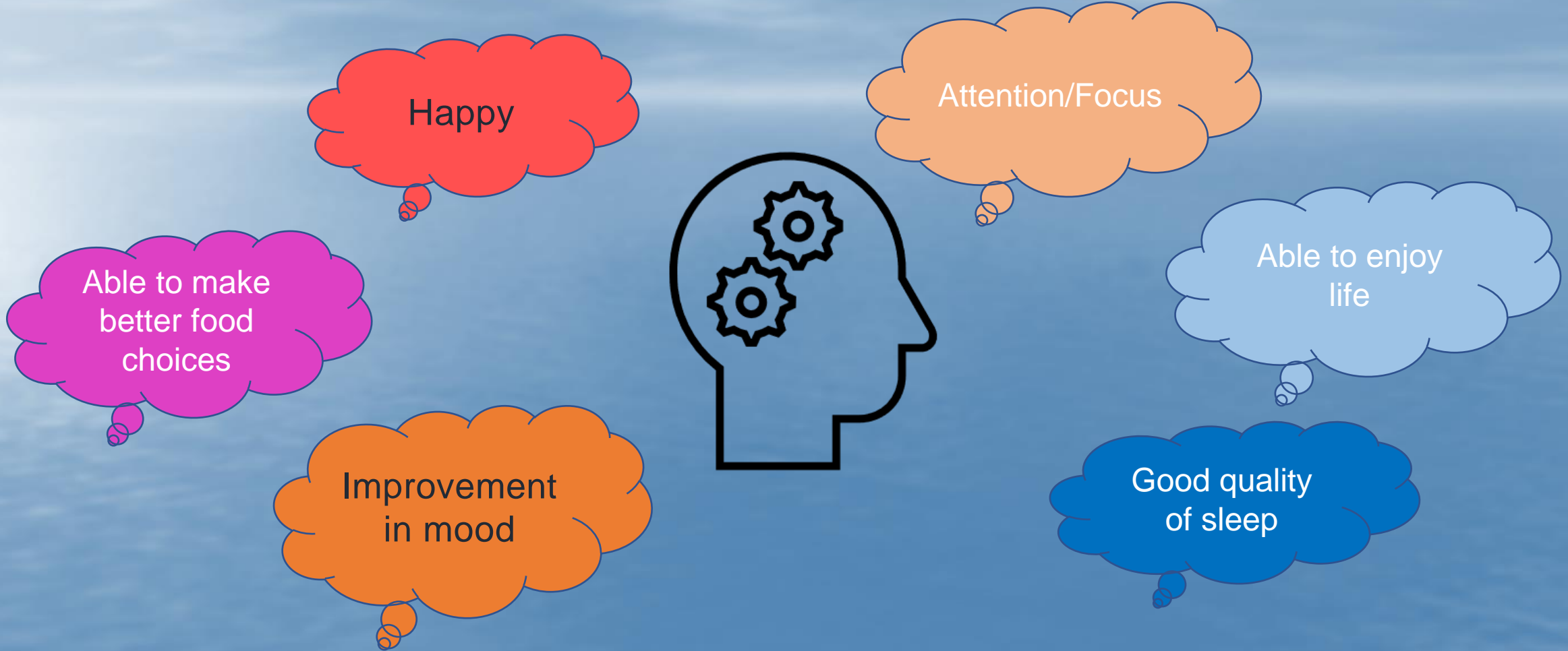
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# WHAT CAN WE DO TO HELP US TO HAVE A RESTFUL NIGHT'S SLEEP?

- Stop using devices at least 1.5 hours before bed
- Try not to eat right before bed
- Reduce eating anything sweet before bed
- Find a relaxing activity to do before bed
  - Shower or bath
  - Read
  - Write in a journal/diary before bed



# BY LOOKING AFTER OUR MENTAL HEALTH, HOW CAN THIS AFFECT OUR HEALTH AND WELLBEING?



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# HOW CAN WE KEEP OUR MINDS HEALTHY?

- Communicate your feelings
- Find a hobby that you enjoy
- Surround yourself with positive people
  - Family Board Games
- Reduce the amount of time you spend on social media
- Get into a good sleep routine
- Be sure to eat nutritious foods
- Practice kindness
  - Remember to be kind to yourself too!
- Practice some movement activities everyday
  - Being outside even for 5 minutes a day is beneficial for our mental health
  - If the weather is a barrier, find a nature sound clip, look outside while sitting by the window and listen to what you hear



# HOW DOES RELAXATION HELP OUR HEALTH AND WELLBEING?



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# RELAXATION EXAMPLES

- Mindfulness Activities
  - Calm App
  - Meditation
  - Colouring (Adults/Children)
  - Eating- being in the present moment, taking time to eat, use 5 senses
- Keep a journal/diary
- Breathing Exercises
- Yoga
- Reading
- Arts/Crafts
- Jigsaws/Wordfind Puzzles/Sudoku



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# CLOSING REMARKS

- Remember that the situation that we are in now is temporary
- Remember that living through these uncertain times we have learned so much
- Remember that we have become stronger and flexible
- Remember that we can embrace the simple life while it lasts
- Remember that there is always support around us
- Remember we are still able to connect with family and friends digitally
- Remember that we are not alone



# USEFUL RESOURCES

- National Health Service (NHS)
- PE with Joe Wicks
- <https://www.bbc.co.uk/bitesize/primary>
- <https://www.lunchboxdoctor.com/recipes>
- <https://bant.org.uk/wp-content/uploads/2017/02/EAT-A-RAINBOW-IMAGE.jpg>

# QUESTIONS



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# ACTIVITY IDEAS FOR THE WHOLE FAMILY

- **Mindful Eating Activity**

- Choose a fruit or vegetable and think about or write down:
  - What it looks like, feels like, smells like, tastes like and sounds like
- This activity can be helpful for boosting appetite, encouraging healthier eating and can be an enjoyable activity to do with your child

- **Design your own Healthy Eating Plate**

- On your paper plate, design what your lunch time healthy eating plate would look like.
- Remember to make your plate balanced and be sure to include vegetables!
- Swap plates with a family member and talk about your newly constructed meal. Set a date to make these meals together and try each other's creations too!
- Eating healthier together is always a great motivator!

- **Eating a Rainbow**

- For motivation in eating a rainbow, you can print the pdf below by Dr. Chatterjee. Children can tick each colour (or use a sticker) that they have had in the day as an activity:
  - <https://drchatterjee.com/wp-content/uploads/2017/12/Rainbow-Chart.pdf>

- **Visualisation Activity to help with Relaxation**

- Think of a relaxing place. This could be a place that you have visited before or a place that is imaginary.
- Think about what can you see, hear, touch, smell, taste and feel
- This activity can help to relax and distract the mind and body and may be helpful for sleep.

- **Finding your Purpose Activity to help with Positive Mindset**

- If you could name 1 thing that you would like to get out of life what would that be?
- To help you, think of your past experiences, what have you learned or accomplished? How did that make you feel? What did you notice from these experiences?
- Now draw, sketch, colour, write what this looks like to you.
- For example, if your purpose in life is to be happy, what kind of image represents this happiness for you?
- (for younger children an alternative to this activity could be to ask what they would like to be when they grow up, then ask them to describe what this looks like to them or have them write down or draw their image)
- This activity can help with using our learnings from the past and applying this to the future

- **Keeping a Gratitude Journal to help with Positive Mindset**

- Note down 3 things you are grateful for each day in a journal or diary

**THANK YOU SO MUCH FOR HAVING  
ME!**

**TAKE CARE EVERYONE!  
STAY SAFE AND HEALTHY 😊**

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