



ActiveLab  
*Winner 2017*

**i**moves





# Today's Journey

- Mental Wellbeing and links to Physical Health.
- The effect of **exercise on the human brain.**
- Strategies to develop TOTAL Wellness in every child.





# Workbook

## How to use this

- Make your own notes
- Add your own thoughts and ideas
- Take away as reminder of what we covered today

Emotional  
Wellness



Social  
Wellness



Physical Wellness  
Activity Nutrition and  
Sleep

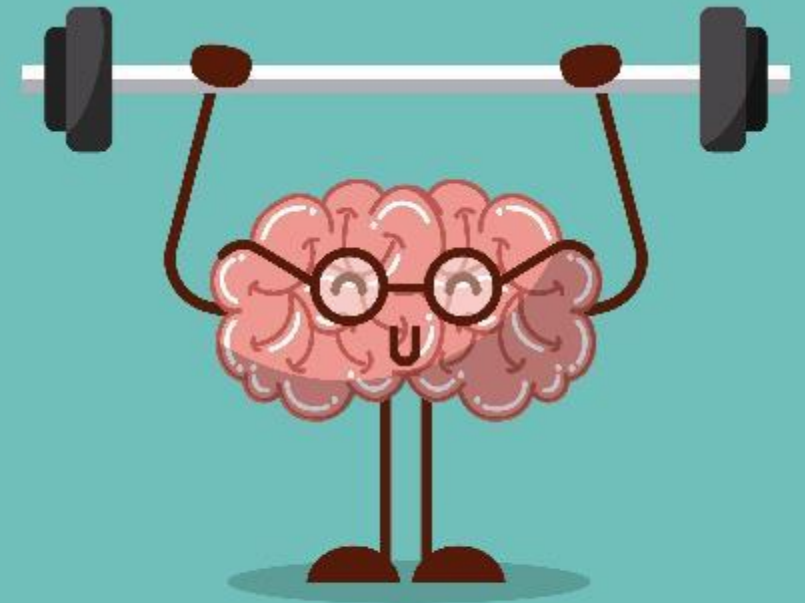


Areas of  
Health and  
Wellbeing  
in school



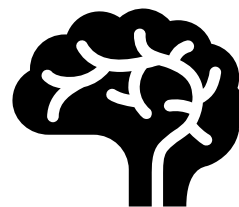
A question to you...

How could an **Active Healthy Lifestyle** positively affect **Mental Wellbeing**?





Build Relationships



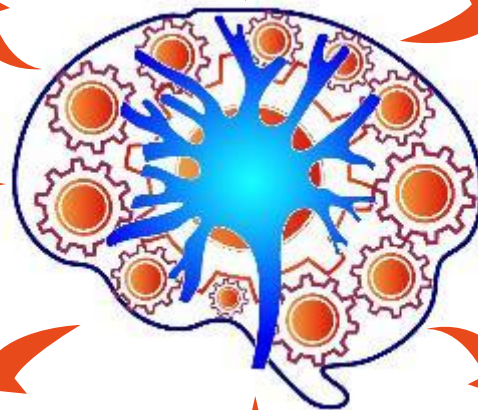
Improve Memory  
and Focus



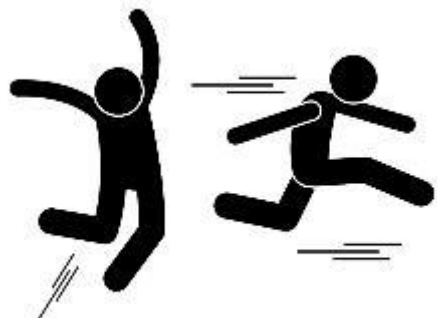
Enhances Mood



Better Sleep



Helps Depression and Anxiety



Reduces Tiredness and Fatigue



Helps Manage ADHD



Improves Resilience





Build Relationships



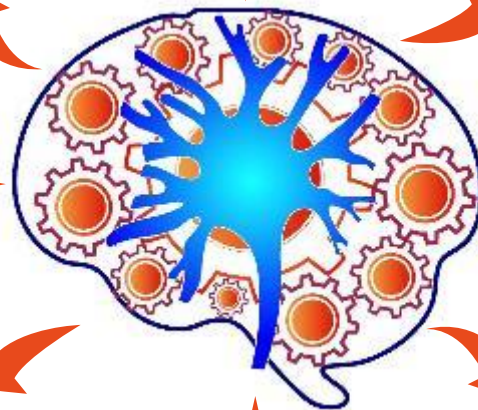
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Improves Resilience

## When You Exercise

Noradrenaline



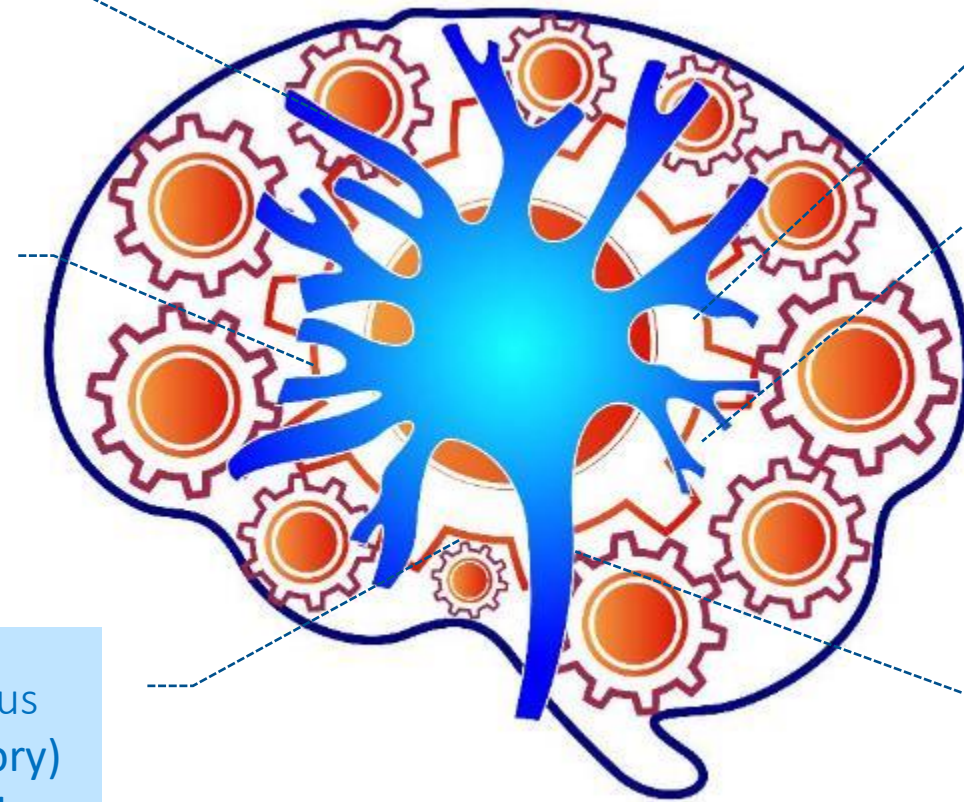
Attention  
Perception  
Motivation



BDNF  
Grows cells  
Improves  
mood and  
mental clarity



The Hippocampus  
(learning / memory)  
grows with regular  
exercise



Serotonin  
enhances  
mood



Blood flow  
Oxygen  
Nutrients  
↓  
Toxins



Dopamine  
Focus  
Motivation  
Learning



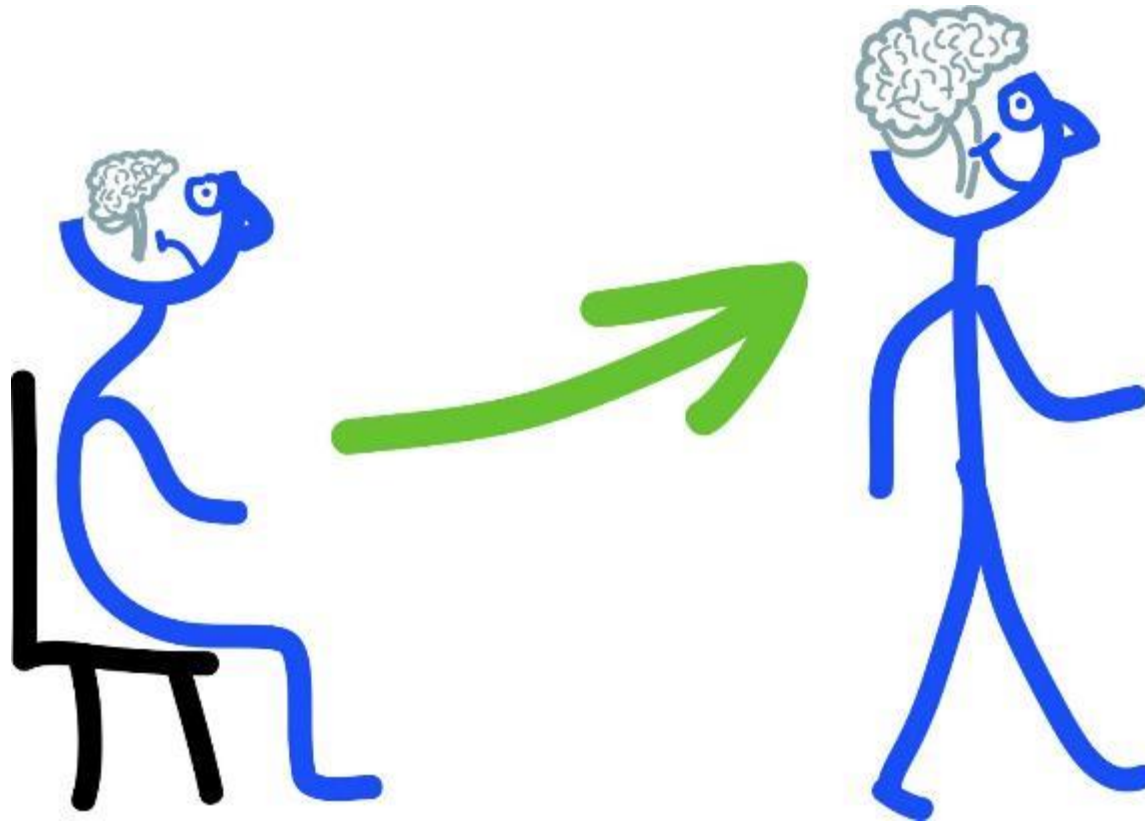
“Exercise elevates Miracle-Gro (BDNF) throughout the brain!”

More Activity =

Bigger brain  
Switched on  
Motivated and  
happier

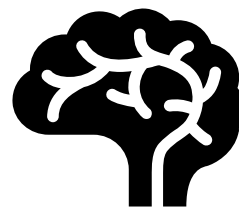
Less Activity =

Smaller brain  
Brain fog  
Unengaged and  
moody





Build Relationships



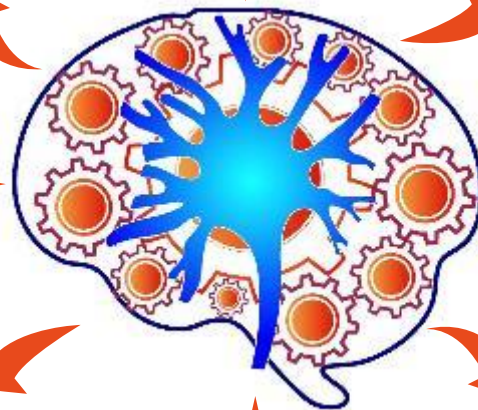
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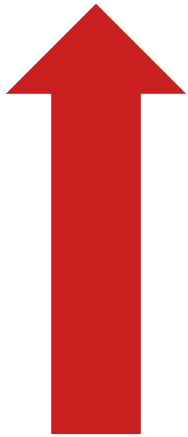


Improves Resilience

# Mountain Bikers ready?



# How do you feel now?

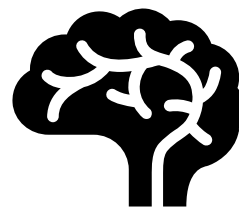


- **Better mood**
- Focus
- Attention
- Blood flow to brain





Build Relationships



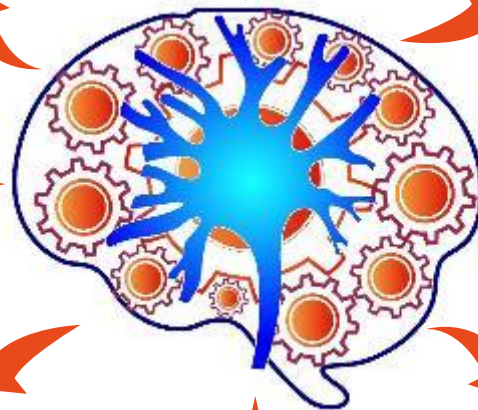
Improve Memory  
and Focus



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Better Sleep



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Reduces Tiredness and Fatigue



Helps Manage ADHD



Improves Resilience

## How Activity Helps:

- Moderate activity releases endorphins – the happy hormones serotonin and dopamine improving mood and motivation

Exercises recommended for depression and anxiety are:

- Yoga and Pilates
- Dancing and Low-impact aerobics
- Brisk walking / jogging (daily mile)
- Swimming
- Biking (wheelie clubs)

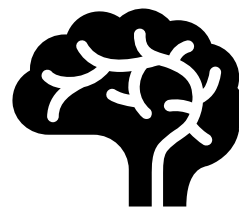


# MINDFULNESS





Build Relationships



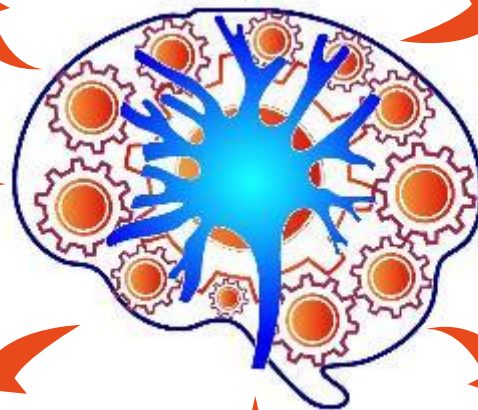
Improve Memory  
and Focus



Enhances Mood



Better Sleep



Helps Depression and Anxiety



Reduces Tiredness and Fatigue



Helps Manage ADHD



Improves Resilience  
and confidence



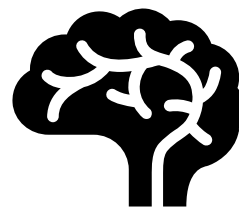
## How Activity Promotes Resilience:

1. Builds up the immune system
2. Regular exercise **reduces stress hormones**
3. Functionally capable of everyday tasks =  
***less stress to manage***





Build Relationships



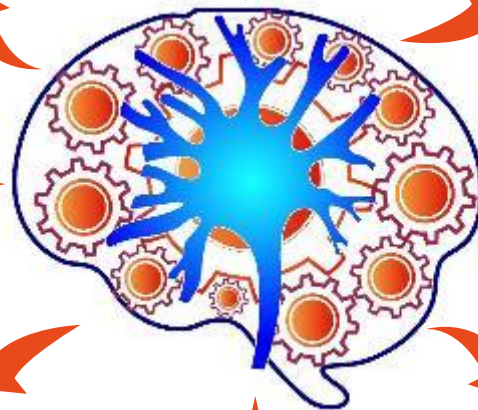
Improve Memory  
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Improves Resilience

## Symptom:

Reduced brain activity due to insufficient levels of neuron transmitters.

## Solution:

Mod – Vigorous activity to promote BDNF



## Symptom:

Doesn't like waiting around, seems impatient, likes to be on the go.

## Solution:

- Standing in line activities
- **Active Learning** as part of every day

## Symptom:

Struggles to control emotions and has disruptive outbursts

## Solution:

- Grumpy Jar
- Shape Breathing



**Task:** Learn this poem and the actions...

**Oh we're standing in a line,  
We are waiting to move,  
We can touch the floor,  
We can touch the sky,  
We can do a funky groove!**

Grand Old Duke of  
York



**Task:** Learn this poem and the actions...

**Hello, Hello, my name is Mo,  
I mend machines, to make them go,  
I PUSH this button with my RIGHT ARM then,  
I TURN this wheel with my LEFT ARM then,  
I PRESS this pedal with my RIGHT FOOT then,  
I STAMP my LEFT FOOT and start again!**

When you add in a new action, keep going with the other actions until all your body is moving!

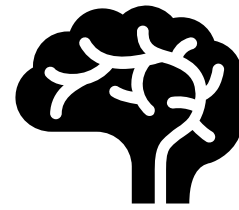
Use the Machines  
music to help you  
keep in time!







Build Relationships



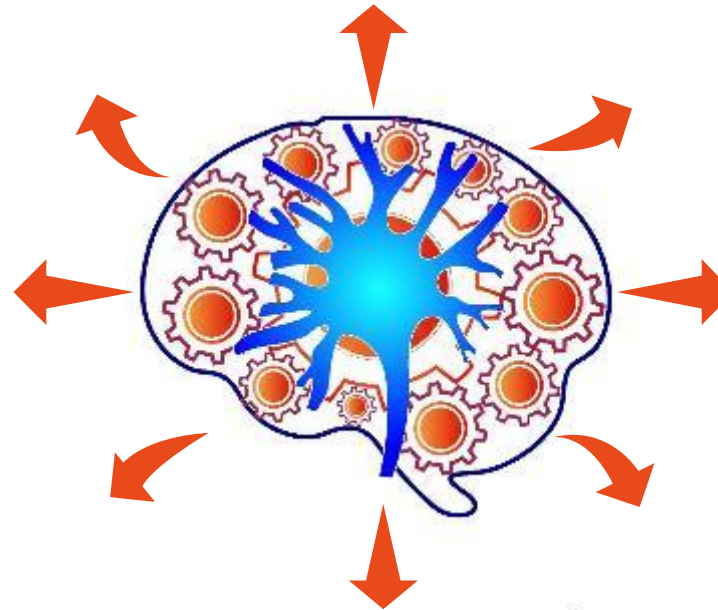
Improve Memory  
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Reduces Tiredness and Fatigue



Helps Manage ADHD



Improves Resilience

## How Activity Helps:

1. You are physically more tired enabling better quality sleep
2. It reduces stress enabling better quality sleep
3. Deep sleep in turn improves the ability to cope with stress
4. Quality sleep can help to boost the immune system





# Stress and Anxiety

## Breathing Techniques and Managing Emotions

Classroom  
Activity

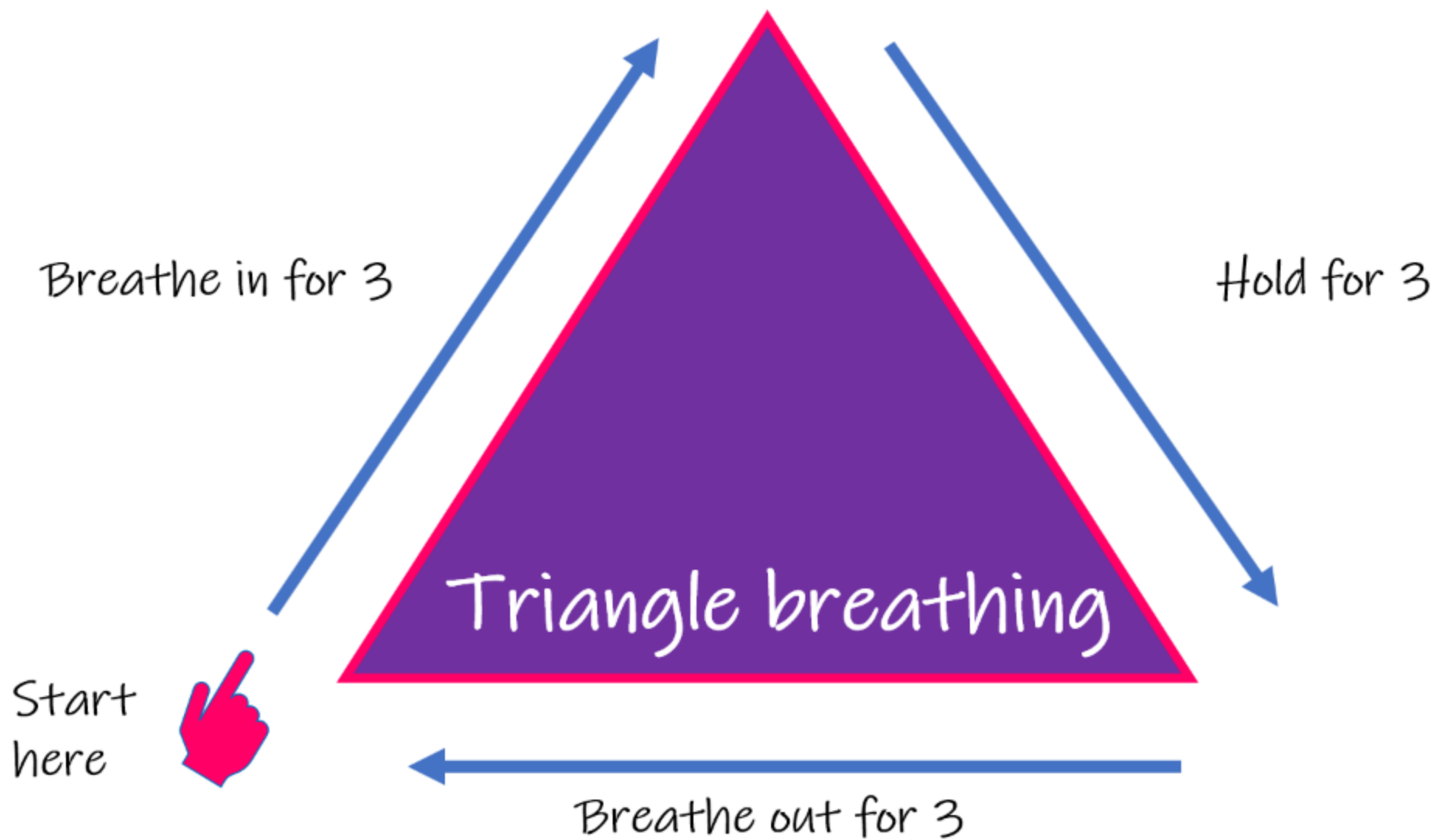


# The Grumpy Jar



To deliver this you will need a Jar, some glitter and a jug of water.





Start  
here



Breathe in for 4



Hold  
for 4



Square breathing

Hold for 4



Breathe out for 4





Start  
here



Breathe in



Breathe out



Breathe in



Breathe out



Breathe in



Breathe out



Breathe in



Breathe out



Breathe in



Breathe out



Star breathing  
(slowly)

# The Worry Monster

1. Get an empty shoebox and cut a 1 to 2 inch wide slot in the lid.
2. Decorate it however you want or use our artwork.
3. Children write a worry down on a piece of paper and put it into the worry monster.



Post your worry into the worry monster and let him gobble it up!

**You can say this poem as you put the worry in:**

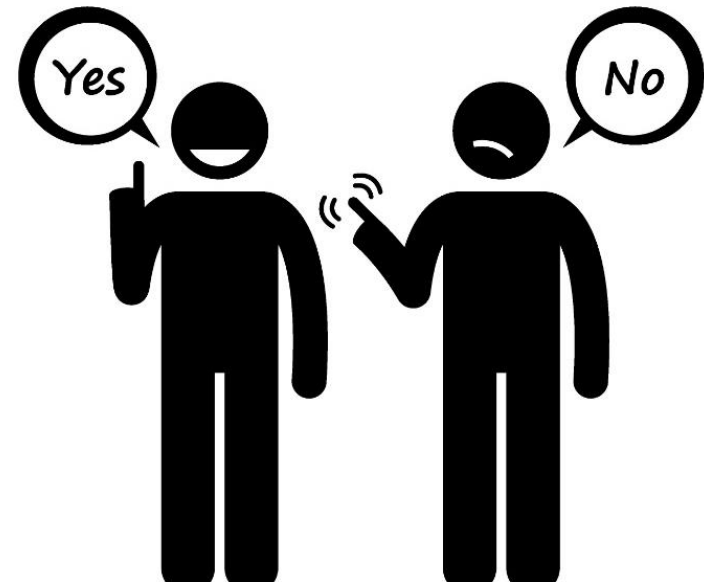
“...Worry Monster please eat my worry  
Gobble it up quick I’m in a hurry  
Chew it up and take it away  
So I can be happy for the rest of the day”



# The Power of YET!

## Growth Mindset

Classroom  
Activity

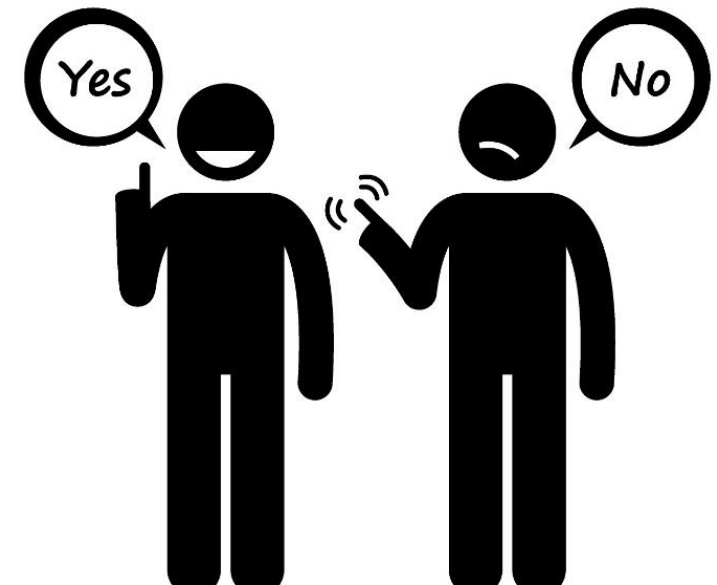


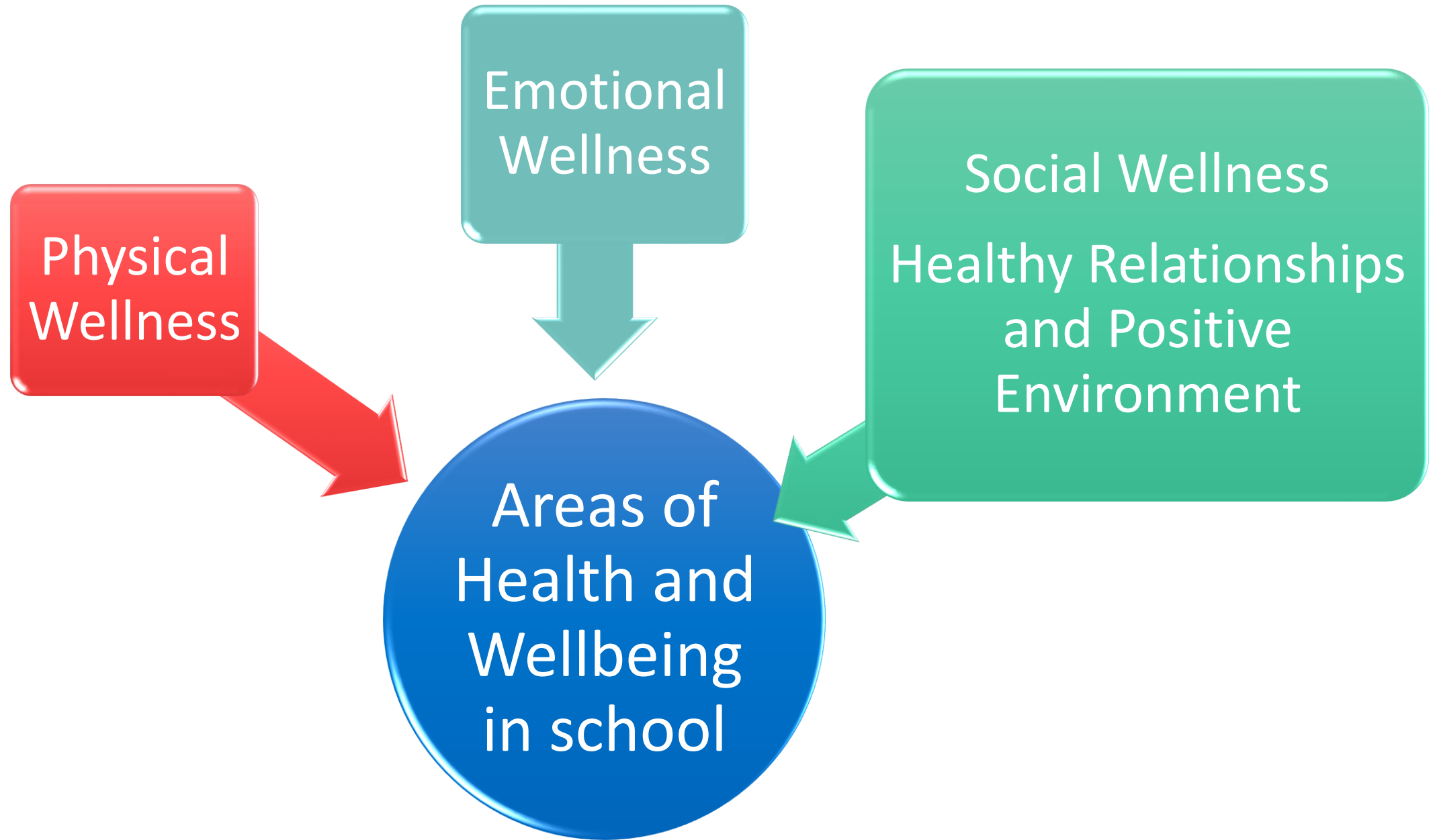




## Other Power of Yet ideas

- Write a poem or story about the Power of YET
- Dramatize a poem or story about the Power of YET
- Create a Power of Yet Poster





# To Rap or Not to Rap

1. Use the simple poem on the next slide (By Imogen Buxton-Pickles)
2. Create a rap style performance with movements and actions
3. Use our beat to work with



# Friend



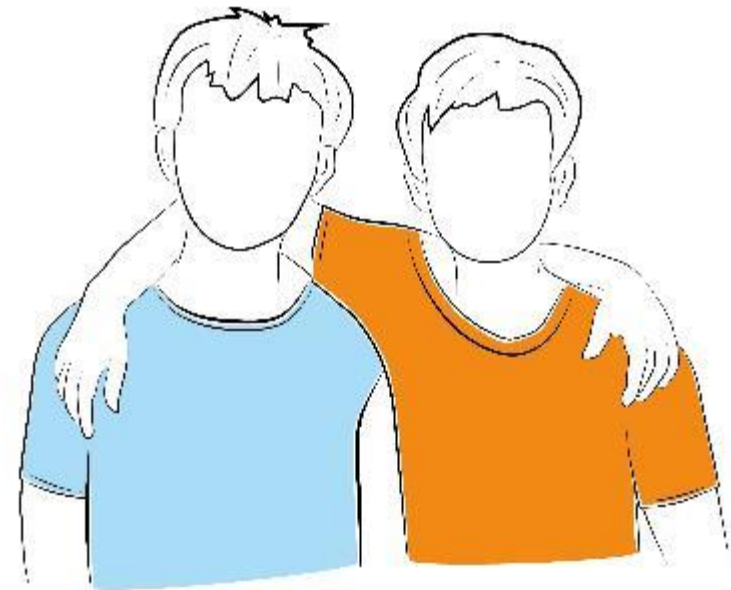
As I grow up, I look around,  
For someone who shares my common ground,  
We share our thoughts, and other stuff,  
A shoulder to lean on,  
When life get's tough,  
I've got your back,  
And you have mine,  
Our friendship will stand the test of time!



# Relationships



## Relationships and Trust via Gymnastics



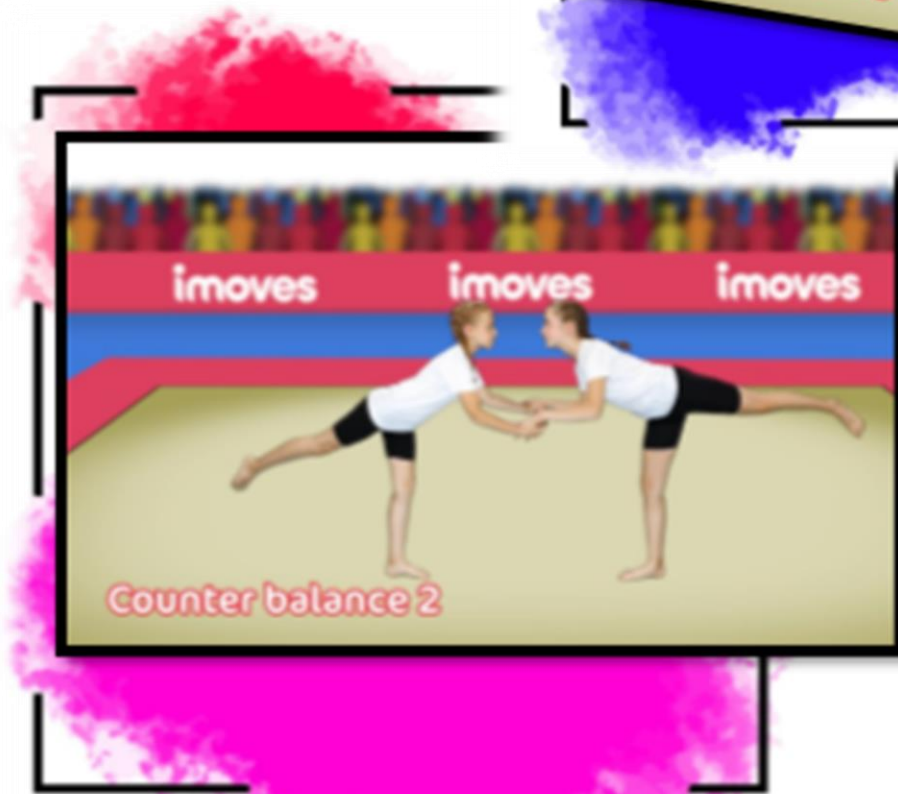


# Pairs Activity: Trust

With a partner create a series of counter balances that rely on TRUST:

Link together with:

- Travel
- Turn
- Jump
- Levels





# Your Next Steps to Help Every Child Achieve Total Wellness





Imoves a digital platform that helps 100's of schools create brighter, happy, healthy children. You could access over 1000:

- Interactive Movies
- Bespoke Music Mixes
- Progressive Planning and Assessment




## Free 14 Day Access to


- Active Blasts
- Active Learning
- Dance and PE
- Mental Health and Wellbeing

Most Popular


View All




Active Blast 2: Strong Core Mountain Bike (5 - 11 yrs)



Active Assembly - The Power of Yeti - growth...




Active Blast 3: Wellness Warrior 3 - ...




Active Blast 3: Calming Pilates Chair (5 - 11 yrs)

Physical wellbeing


View All




Active Blast 2: Strong Core Mountain Bike (5 - 11 yrs)



Dance: All About My Body (7 - 11 yrs)




MW: Healthy Eating Food Plate 7-11 years




Active Blast 1: YogaFit 1a (7-11 yrs)

Emotional wellbeing


View All




Guided Meditation (7 - 9 yrs)



Active Blast 3: Wellness Warrior 3 - ...




Active Blast 3: Wellness Warrior 5 - Growth...




MW: The Grumpy Jar (Mood Management)

Social wellbeing


View All




MW: Environment - Our Beautiful Planet (All Ages)



MW: Environment - Recycling - 5-11 years



MW: Relationship Building - All Ages



Active Blast 3: Wellness Warrior 4 - Healthy...



imoves





What have you  
found most useful  
about today's  
workshop?





Do you want to  
win FREE CPD  
for your school?  
[@imovesactive](https://twitter.com/imovesactive)

**Simply mention us on Twitter and we will enter your school into our prize draw!**

**One school per half term will win 1 hour whole staff CPD around Active Schools or Mental Health and Wellbeing!**

# The All-Party Parliamentary Group: Mental Health through Movement report October 2019

The new guidance requires  
primary schools to teach pupils:

1. The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness

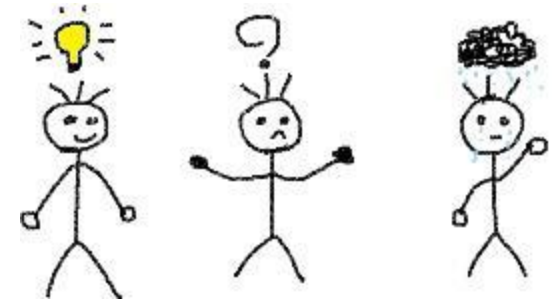
2. Simple self-care techniques



3. There is a normal range of emotions and that mental wellbeing is a normal component of everyday life.



4. It is common for people to experience mental ill health.



# The All-Party Parliamentary Group: Mental Health through Movement report October 2019

The new guidance requires  
primary schools to teach pupils:

- 5. How to recognise and talk about their emotions.
- 6. How to judge whether what they feel and how they behave is appropriate and proportionate.

- 7. Bullying (including Cyber Bullying) has a negative, often lasting, impact on mental wellbeing.



8. That isolation and loneliness can affect children and it is extremely important for them to discuss their feelings with an adult and seek support.




9. Where and how to seek support (including recognising the prompts for this).





Movement to be re-positioned as part of a holistic approach to healthy living in which simple lifestyle choices can improve an individual's physical, social and mental health

The logo for 'i moves' is positioned at the bottom center of the slide. It features a stylized lowercase 'i' in blue, followed by the word 'moves' in a bold, lowercase sans-serif font. The 'i' and the first 'm' are blue, while the remaining letters 'oves' are red.