

Physical Activity/Being Active Kit

Key Messages



Focus questions: What do you like to do to be physically active? How does it make you feel?

- Regular exercise and movement is good for our mental and emotional health.
 - Leads to better sleep
 - Exercising with others helps us make friends
 - Helps release big emotions like stress or anger
 - Makes you feel relaxed
- It's important we move our body lots through the day and not sit for too long. Being active should be part of everyday life. Some easy ways to get more exercise would be:
 - walking instead of driving
 - playing sport or outdoor games
 - simple exercises at home such as YouTube workout, yoga or dancing around the house
 - walk/run around the block
- Play is very important for children and one way they can get exercise. It's important not to spend too much time sitting or in front of screens. One fun way to do exercise is to dance around the house.
- Stretching is important for our muscles because it helps them to be flexible and strong. It is especially important before/after sport.