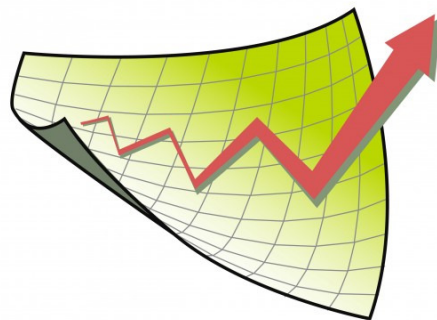


# BE WELL MONTH

Friday 30<sup>th</sup> January 2015

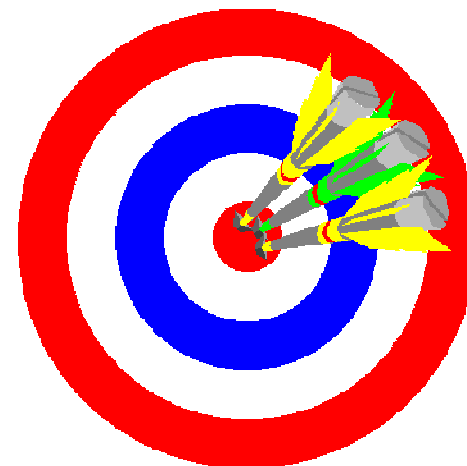
## WHY?

- ⦿ Increased incidence of children presenting with lifestyle related issues
- ⦿ Increased incidence of children presenting with mental health issues



# WHAT?

- ◉ Positive impact on lifestyle and routines
- ◉ Identify healthier, viable alternatives
- ◉ Improve resilience and coping skills
- ◉ Health Promoting School status



# HOW?

- ◉ Week 1 - Healthy Body
- ◉ Week 2 - Healthy Diet
- ◉ Week 3 - Healthy Mind



# HEALTHY BODY

- ◉ Active homework
- ◉ Transitions - gonoodle.
- ◉ WOW- Walk On Wednesday
- ◉ Wake Up and Shake Up
- ◉ Zumba at lunch time
- ◉ Flashmobs
- ◉ “Bizzy Breaks”
- ◉ Drop Everything and March/Dance
- ◉ Hill Walking for staff



# HEALTHY DIET

- ◉ Fruit break - piece of fruit for little break
- ◉ WOW - Water Only Week
- ◉ Fruit Friday
- ◉ Nutrition Workshops (4<sup>th</sup> - 6<sup>th</sup> Classes)
- ◉ Fruit and vegetable tasting
- ◉ Smoothie making
- ◉ Maths, Science and Art lessons based on a food theme
- ◉ Healthy lunch survey





# HEALTHY MIND

- ◉ Focus on happiness
- ◉ Oral language / Posters on “I am happy when...”
- ◉ Yoga for all classes
- ◉ Focus on social skills - greeting, smiling, giving compliments etc.
- ◉ Trips to the Quiet Room
- ◉ Mindfulness
- ◉ Guided Meditations
- ◉ S.P.H.E. lessons on emotional health and relationship skills
- ◉ Gratitude Trees and diaries
- ◉ Using positive quotations/sayings
- ◉ Feelings Wall
- ◉ Random Acts of Kindness



# WAKE UP AND SHAKE UP

