

Healthy Body

Having a healthy body is important for mental health for many reasons.

Physical activity boosts mood, reduces stress, and improves self-esteem. Regular exercise releases feel-good hormones, improves sleep, and can help manage symptoms of conditions like anxiety and depression. Conversely, poor physical health can increase stress and negatively impact mental wellbeing.

In class, children thought about the importance of eating a balanced diet, drinking water and getting enough sleep and exercise. What we eat, how much sleep we get, being outside and exercising can all affect how we feel, so are directly linked to our mental health. We got things moving with Wake and Shake every morning and had a special day of skipping workshops.

