

Pedmore Thrive

Mental Wellbeing Newsletter from Pedmore CE Primary



Following a very difficult year for everyone, we want to make the wellbeing of children, parents, families and staff a priority.

We will follow the Five to Thrive approach where five areas are identified that help to 'reboot' your brain and reset perspective. These are

Connect, Take Notice, Get Active, Be Curious, Give

All our activities are for children and adults (please supervise children when online)

This week we will look at **Get Active**

Lots of us have heard that exercise helps reduce anxiety and depression, but we know that when you are feeling really fed up it can be the last thing we want to make our bodies do. **BUT** do try to do something each day and **Get Active**- even for just 10 minutes a day. You've probably heard that exercise increases endorphins, but it also increases many more brain chemicals that make you feel happy, more confident, more capable, less anxious and less stressed. It can even help us have less physical pain.

Now unless you have lived on the moon during 2020 you will have heard of Joe Wicks and his workouts . Not everyone likes doing this sort of exercise though. What else could you do? Read on for more ideas...

- Go for a bike ride.
- Go for a brisk walk!
- Get out and do some gardening, even at this time of year there is plenty to do that will get your heart racing.
- Put on some of your favourite music and have a good dance. Dance like no one is watching!
- Go skipping! It's a great way of moving and makes you feel like you are small again.
- Play a game in the garden: football, catch, tennis, tag etc
- Go puddle jumping in the rain!
- Go for a run. Walk fast when you can't run anymore!

Exercising outdoors has an effect on your brain similar to meditation.

Play music through your head phones and have a silent family disco. The dancing and the laughing will give you some good exercise and endorphins!

Have a family hula hop competition.

"We're in this together"
Get someone in your family or bubble to exercise with you. When you workout, you're doing something challenging which gives you a sense of accomplishment. When you do it with other people it creates a sense of teamwork that helps you feel more empowered and motivated. You can achieve it together.

And of course if you do love Joe he is on every Monday, Wednesday and Friday
https://www.youtube.com/results?search_query=joe+wicks+pe+with+joe+