



# Children's Mental Health Week 2019

**4-10 Feb** #ChildrensMentalHealthWeek  
[ChildrensMentalHealthWeek.org.uk](http://ChildrensMentalHealthWeek.org.uk)

**Children's Mental Health Week**  
**4 – 10 February 2019**

**Healthy: Inside and Out**

## How we can strive for 'healthy living'?

**Food**

**Being active**

**Sleep**

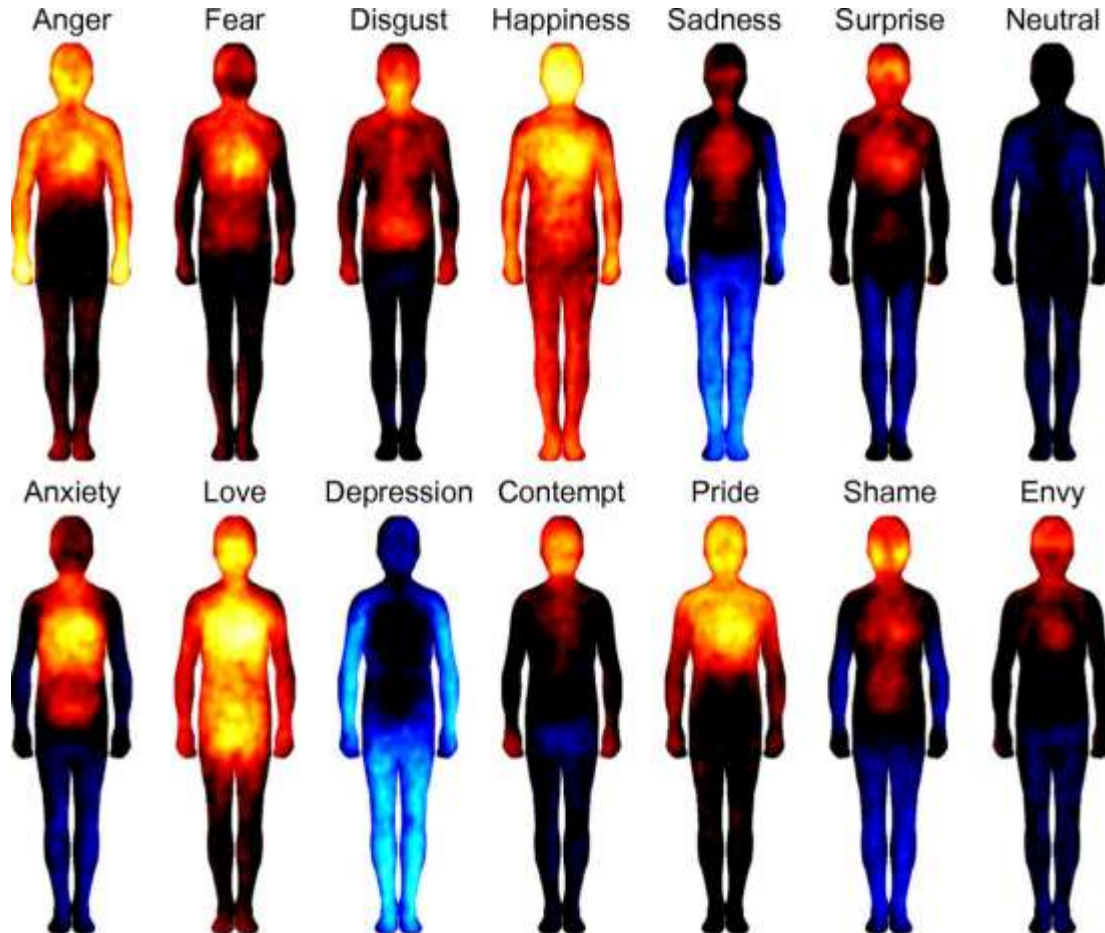
**Using technology  
safely**

**Spirituality**



**Avoiding  
alcohol,  
cigarettes,  
drugs**

**Study/life balance**



These 'body maps' show parts of the body that get 'activated' during different emotions

Things we do for our physical wellbeing can improve our mental wellbeing too.



**Food:** [tinyurl.com/h6rulyh](https://tinyurl.com/h6rulyh)

Play this section: 2m12-4m36

**Being active:** [tinyurl.com/gunpu9m](https://tinyurl.com/gunpu9m)

Play this section: 0m42-2m58

**Sleep:** [tinyurl.com/hxq4ccc](https://tinyurl.com/hxq4ccc)

Play this section: 1m57-2m26

# Healthy: Inside and Out



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You are like a car. Without both **working parts AND a skilled and alert driver**, the car won't go anywhere – no matter how well the parts are working!



**Food:** [tinyurl.com/y8eak9uw](https://tinyurl.com/y8eak9uw)

Play this section: 0m44-2m15

**Being active:** [tinyurl.com/ydx2fayz](https://tinyurl.com/ydx2fayz)

Play this section: 1m04-2m08

**Sleep:** [tinyurl.com/glk4fya](https://tinyurl.com/glk4fya)

Play this section: 1m23-4m07



## What steps are WE taking to be 'Healthy: Inside and Out'?

- **Healthy Eating Policy**
- **PE**
- **Citizenship & Science Lessons**

Don't forget if you're worried about something, you

can always speak to **[Pastoral Care Lead, Sabina Apa]**



## Credits:

### *Slide 3*

#### **Body Maps:**

<http://www.pnas.org/content/111/2/646>

### *Slide 4*

#### **X-ray:**

<https://health.mil/News/Articles/2018/05/18/Years-in-the-making-how-the-risk-for-Alzheimers-disease-can-be-reduced>

**How the food you eat affects your brain -  
Mia Nacamulli – Ted-Ed:** [tinyurl.com/h6rulyh](https://www.ted.com/talks/mia-nacamulli-how-the-food-you-eat-affects-your-brain)

**How playing sports benefits your body ...  
and your brain - Leah Lagos and Jaspal  
Ricky Singh – Ted-Ed:** [tinyurl.com/gunpu9m](https://www.ted.com/talks/leah-lagos-and-jaspal-ricky-singh-how-playing-sports-benefits-your-body-and-your-brain)

**How Is Your Phone Changing You? –  
AsapSCIENCE:** [tinyurl.com/hxq4ccc](https://www.youtube.com/watch?v=hxq4ccc)

### *Slide 5*

#### **Man driving car:**

[https://commons.wikimedia.org/wiki/File:Black\\_Man\\_Driving\\_Car\\_Cartoon\\_Vector.svg](https://commons.wikimedia.org/wiki/File:Black_Man_Driving_Car_Cartoon_Vector.svg)

#### **What is The Eatwell Guide - British Nutrition:**

[tinyurl.com/y8eak9uw](https://www.tinyurl.com/y8eak9uw)

#### **Trying to Get Into Fitness & Health – Jaiden**

**Animations:** [tinyurl.com/ydx2fayz](https://www.tinyurl.com/ydx2fayz)

#### **How to Sleep Better - watchwellcast:**

[tinyurl.com/glk4fya](https://www.tinyurl.com/glk4fya)