

What's the most transformative thing that you can do for your brain today?

- ▶ [Wendy Suzuki: The brain-changing benefits of exercise | TED Talk](#)



mind

Give advice and support to empower anyone experiencing a mental health problem.

Campaign to improve services, raise awareness and promote understanding.



How far is 1 mile?

- ▶ The Boot and back
- ▶ To the cricket club and back
- ▶ 10 times around our school field

100 miles in March!

- ▶ Challenge:
- ▶ Walk, jog, run or wheel this spring to raise money and awareness for better mental health
- ▶ Why?



Health

Everyone has the skills and tools to maintain a healthy balance of their mental, physical and emotional wellbeing.

Move more in March!

Physical activity:

- ▶ builds confidence and social skills
- ▶ develops co-ordination
- ▶ improves concentration and learning
- ▶ strengthens muscles and bones
- ▶ improves health and fitness
- ▶ maintains healthy weight
- ▶ improves sleep
- ▶ makes you feel good

Move more in March!

- ▶ playing
- ▶ running and walking
- ▶ swimming
- ▶ skateboarding
- ▶ riding a bike
- ▶ active travel
- ▶ sports, like football or tennis
- ▶ physical education (PE)
- ▶ skipping
- ▶ climbing
- ▶ workout
- ▶ dancing



Reflection

How are you going to move more in March?

What can you do today to help your brain and make you feel great?



Curiosity

Everyone is open to learning new things about themselves, all that surrounds them and how the two fit together.



Confidence

Everyone believes in themselves, stands up for what is right and has the confidence to reflect and learn from their actions.



Resilience

Everyone keeps trying to better themselves, even when things are difficult or when we make mistakes.



Empathy

Everyone is kind, caring and considerate of the feelings of one another.



Respect

Everyone treats our environment with respect and appreciates the cultures, beliefs and views of one another.