



## Mental Health in Schools Team Tips For Wellness

### Be Active

Being active isn't just about staying fit—it's also a great way for your young person to feel better emotionally. Moving their bodies can help them feel calmer, more focused, and even happier. And the good news? It doesn't have to be anything fancy.

#### Easy ways to get moving

##### At home:

- Set up a mini obstacle course using pillows
- Do yoga or stretching together
- Let them help with household chores, like sweeping, raking or washing the car

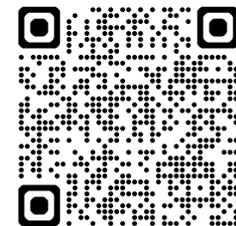
##### Outside:

- Walk or bike to school
- Go to the park or explore a nearby trail
- Play tag or kick a ball around

##### In the community:

- Join a sports team or dance class
- Check out after-school activity clubs
- Try free local events or family fitness sessions

Use this QR code to find some activities to try:



#### How you can help:

- Be active together – show them that you value being active and that you can enjoy it together/as a family
- Make it fun!
- Let them choose the activity – they may be more likely to get involved if they have some choice
- Celebrate the effort – celebrate any attempts to be active
- Keep it part of the routine – try a little bit every day

**In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.**

**MHST are available to support you and your school throughout the school year including term time and school holidays.**

**Please contact your school's Mental Health Lead for information and advice.**