HOW CAN A HEALTHY LIFESTYLE IMPACT YOUR BODY AND MIND?

Look after your body
A healthy body means a healthy mind.

Lara | Crew Blackham

Do what is right
Doing the right thing makes you feel good.

Frank | Crew Blackham

Do something you enjoy
Spending time with friends, doing something you enjoy, can help relax your mind.

Isabella | Crew Blackham

Try to be active
Being active helps focus your mind.

Ayin | Crew Blackham

Do something different
Cooking with friends is a unique way to relax whilst spending time with friends.

Melinda | Crew Blackham

Look after yourself
Showering and cleaning your teeth are important to your personal hygeine and mental health.

Sienna-Rae | Crew Blackham

Try mindfullness
Mindfullness can reduce stress and anxieties.

Hilihang | Crew Blackham

Love yourself
Be kind to yourself; you know you are amazing and worth it.

Konstantins | Crew Blackham

Feel your heart beat
Put your hand on your chest, close your eyes and take a moment to focus on your heart beat.

Nemrut | Crew Blackham

Try something creative
Creating art, such as drawing or painting, can make you feel better.

Daniel | Crew Blackham

Have less screen time
Screen time can affect your sleep schedule.

Zofia | Crew Blackham

Be kind
Do a good deed for a stranger.

Henry | Crew Blackham

Always be positive
Laughing is so important.

Carys | Crew Blackham

Take time for yourself
Doing things you enjoy will take your mind off any stress.

Eshal | Crew Blackham

Make a self care kit
A selfcare kit is filled with things that can comfort you and help you relax.

Sissy | Crew Blackham

Establish a routine
A routine will keep your mind organised and prevent you from being overwhelmed.

Angelica | Crew Blackham

Keep physically fit
Physical activity can have a positive impact on your mental health.

Prashidi | Crew Blackham

Get into a routine
Around bedtime, do the same thing every night to help you settle.

Abinu | Crew Blackham

Talk to someone you trust
Sharing your problems can help you feel relieved.

Ruby-May | Crew Blackham

Quality time
Make time to connect with friends.

Alfie | Crew Robertson

Try online learning
Educate yourself out of school by doing research online.

Isabella | Crew Robertson

Think of other people
People have feelings too; be kind to others.

Luke | Crew Robertson

Treat yourself
Go shopping with people you love!

Katie-May | Crew Robertson

Immerse yourself in a different world
Read a book to make yourself feel better.

Maisie | Crew Robertson

Bring nature indoors
Having natural plants inside can give you the benefits of nature without going outside.

Sarina | Crew Robertson

Sit in a calm room
Close your eyes and think happy thoughts.

Danial | Crew Robertson

Be positive
Focus on all the good things in your life rather than the bad.

Sienna | Crew Robertson

Exercise in the fresh air
Go outside and play football with your friends.

Dylan | Crew Robertson

Watch the sky
Watch the clouds go by as you clear your mind.

Jasper | Crew Robertson

Connect with others
Connecting with other people can reduce loneliness.

Ethan | Crew Robertson

Try your hand at writing
Write your own story it's a great way of expressing yourself.

Te'Amo | Crew Robertson

Take time to cool off
Building up stress won't benefit you. Cool down and take time out.

Ashton | Crew Robertson

Set yourself goals
Push yourself out of your comfort zone.

Pebbles | Crew Robertson

Be a better person
Think of other people's needs and try to help others.

Miriam | Crew Robertson

Express yourself
Expressing your feelings makes people understand you better.

Scarlett | Crew Robertson

Relax
When feeling stressed or worried, give yourself a mental break to focus your emotions.

Ope | Crew Robertson

Spend time in nature
Listen to the birds tweet and the water flow. The peaceful sounds can improve your mental health.

Jack | Crew Robertson

Spend time with animals
Animals are very intuitive and can help relax us.

Tommy | Crew Robertson

Chill out
Put your favourite music on and dance like no one is watching.

Eva | Crew Robertson

Calming exercises
Try doing some calming exercises like yoga!

Jersey | Crew Robertson

Enjoy your learning
Participate more in lessons in school to make sure you are mentally ready for your future.

Rhys | Crew Garnham

Get plenty of sleep
Reset your mind and calm your hormone levels.

Caziyah | Crew Garnham

Pay attention to your surroundings
Paying attention to your surroundings can help you forget about your worries.

Tommy | Crew Garnham

Distract your mind
Distract your mind and do something you enjoy. Why not take up a hobby?

Riley | Crew Garnham

Respect others
Respecting everyone will make other people feel good.

Bobby-Jack | Crew Garnham

Get plenty of rest
Improving your sleep can improve your mind.

Keegan | Crew Garnham

Count to 10
If you are getting upset or stressed, try counting to 10.

Jayden | Crew Garnham

Manage your stress
Keep calm by doing things you enjoy.

Jude | Crew Garnham

Find ways to make a difference
Doing things for others can have a positive effect on our wellbeing.

Lily-Grace | Crew Garnham

Drink plenty of water
Drinking enough water or other fluids helps keep your body and mind healthy.

Saarah | Crew Garnham

Wind down before bed
Doing a relaxing activity before bed can make you sleep better.

Emilee | Crew Garnham

Become a Volunteer
Volunteering to do something for others can help boost your self esteem.

Millie | Crew Garnham

Enjoy a movie night
Organise a movie night with family or friends to relax you.

Toni | Crew Garnham

Be spontaneous
Do an activity you've never done before.

Rowan | Crew Garnham

Go to bed early
A good night's rest makes you feel refreshed.

Angel | Crew Garnham

Focus on the present
Focus on what is happening now and not what happened in the past.

Molly | Crew Garnham

Distance yourself from devices
Devices emit blue-ray light which makes you feel awake.

Kayden | Crew Garnham

Don't be intimidated by others
Do what is right for you.

Lya | Crew Garnham

Make a bucket list
Write down your future accomplishments to make you feel motivated.

Jada | Crew Garnham

Socialise
Spend time with friends and loved ones.

Homan | Crew Myers

Spend time in fresh air
Go outside for a walk or a ride on your bike or scooter.

Johnny | Crew Myers

Take a break
Chill out on the sofa and watch TV to take your mind off your stress.

Rio | Crew Myers

Creativity can clear your mind
Try being creative; maybe build something with Lego?

Patryk | Crew Myers

Relax your mind
Get comfortable and read a book.

Lola | Crew Myers

Keep yourself busy
Find something you love to distract your mind from what is making you sad.

Eden | Crew Myers

Be active!
Playing sports and being active can help improve your mental health.

Darwin | Crew Myers

Manage stress
You should spend time outside and get some fresh air to calm you down.

Esmae | Crew Myers

Have a rest
A nice break or a change of scene might help you to relax and relieve you of stress.

Jasmine | Crew Myers

Reduce stress
Run a bubble bath and make some time for yourself.

Julita | Crew Myers

Be with nature
Spend time outdoors and enjoy the fresh air.

Mia | Crew Myers

Get some exercise
Take yourself outdoors... playing sports can really help you stay fit and cheer you up.

Eifa | Crew Myers

Breathe deeply
Close your eyes and breathe in and out.

Morris | Crew Myers

Maintain exercise
Regularly do something active that you enjoy.

Cameron | Crew Myers

Be active
Playing sports and being active can help improve your mental health.

Darwin | Crew Myers

Take time to relax
Why not try meditation?

Yad | Crew Lotysz

Do something you enjoy
Maybe go out dancing with friends?

Ella | Crew Lotysz

Take a break if you need to
If you are feeling overwhelmed, a change of place is what you need to relax and take a break.

Shayan | Crew Lotysz

Spend some time in nature
Why not go for a walk or a bike ride?

Scarlett | Crew Lotysz

Spend time with animals
Take your dog for a lovely walk.

Syler-Rose | Crew Lotysz

Improve your routine
Make yourself a schedule of things you can do, to make sure you get out and about.

Paul | Crew Lotysz

Try to keep active
Play football with a group of friends.

Tim | Crew Lotysz

Try to improve your sleep
Try to ensure to get eight hours sleep a night. It's important.

Tommy | Crew Lotysz

Focus on the present
Think about the positive things in your life.

Rydhian | Crew Lotysz

Find support in friends
Open up to your friends about your worries and concerns.

Szymon | Crew Lotysz

Try focusing on your breathing
Take time to meditate.

Tommy-Lee | Crew Lotysz

Try to relax
Spend time with people who make you happy.

Lennon | Crew Lotysz

Do what makes you happy
Maybe do a yoga or meditation session?

Lexi | Crew Lotysz

Improve your sleep
Don't drink caffeine or energy drinks before bed.

Kiara | Crew Carter

Take a break
This could be playing a sport or simply walking your dog.

Josiah | Crew Carter

Rest and recharge
Take a healthy break, consider reading a book.

Kai | Crew Carter

Think positive
Write three positive things you are grateful for.

Letti | Crew Carter

Do something that makes you happy
Play sports or spend quality time with family and friends.

Sumit | Crew Carter

Take a deep breath
Keep your shoulders relaxed.

Barrington | Crew Carter

Learn a new skill
Join a club that you might not normally do.

Brooke | Crew Carter

Do something creative
Take time to draw and colour.

Laci-Maee | Crew Carter

Try to manage stress
Make sure you take time out and chill.

Joseph | Crew Carter

Keep your mind healthy and calm
Meditation is a great way to chill.

Ara | Crew Carter

Talk to someone you trust
Tell a loved one how you are feeling. It really helps if you feel down.

Jerzie | Crew Carter

Keep active
Play a sport you love, like football.

Tommy | Crew Carter

Try a new hobby
How about going horse riding?

Talliah | Crew Carter

In Summer 2024, the children in Year 5 and Year 6 began a Learning Expedition called 'How can a healthy lifestyle impact your body and mind?' This was also the Expedition's guiding question.

The children studied History, Biology and DT, where they made a number of different healthy recipes, demonstrating a variety of techniques, including boiling, roasting, grilling and baking. They broke down food labels to learn what was in their food.

The children were hooked into their learning by dressing up as Egyptians. They created pharaoh masks and clay hieroglyphs, to enhance our classrooms.

They watched the film version of our core text 'Pig Heart Boy' and made fruit smoothies to watch the film with.

They had a version of 'Ready, Steady, Cook' and a PE day to get moving and improve their physical and mental health.

Their significant assessment pieces for this Expedition were in the form of creating recipes, where calculations of ratios of ingredients were measured and cooking times and temperatures were accurate. The literacy-based assessment writing, included instructional writing based on Egyptians' mummification. The second piece of writing took the form of a newspaper-style blog report, based on Pig Heart Boy.

The children used rubrics and protocols throughout to assess their learning. Lesson targets, success criteria and anchor charts (good models) enabled them to produce beautiful work through critique and multiple drafts.

The Learning Expedition culminated in this wall display, where each child researched ways to positively support mental health. Each child wrote a message of mental wellbeing advice, which, is going to be displayed in the school playground. In addition, we're hoping to put up in the local community. This will be a long lasting legacy of the children's learning.

Last but not least, the children would like to say a heartfelt thanks to Mrs Roberston, Miss Blackham, Miss Myers, Miss Garnham, Miss Lotysz and Mrs Carter for all their help, guidance and inspiration throughout this Learning Expedition.

#LOVEPLOVER