



**Children's
Mental Health
Week 2019**

4-10 Feb #ChildrensMentalHealthWeek
ChildrensMentalHealthWeek.org.uk

Healthy: Inside and Out!

How do you stay healthy? You might think about the things you do every day to look after your body, like eating food, being active and making sure you get enough sleep.

But did you know that it's important to look after your mind too?

And did you know that some of the things you do to look after your body can help your mind?

The children's charity Place2Be wants all children and adults to think about how they look after their bodies and minds. When we take steps to be **Healthy: Inside and Out**, it helps us to feel good, do well and deal with difficult things that happen!

Here are three tips from Place2Be about being 'Healthy: Inside and Out'

- Pick something you already do to look after yourself and try to notice how it makes you feel. For example, eating fruit, playing football in the playground, reading a relaxing story at bedtime. When you do it, do you feel happy? Excited? Full of energy? Calm? Why do you think you feel like that?
- Ask your family, friends and teachers about what they do to look after themselves. Do they have any good ideas? Why do they do it? How do they make sure they keep doing it?
- Decide one new thing you can do to look after your body and your mind. It doesn't have to be big or tricky – and you could find a friend to do it with you! For example, you could try to drink only one fizzy drink a week, or do five star jumps every playtime, or do something relaxing to help you sleep better. Keep a diary or a blog about how it makes you feel. If it doesn't work, it's OK to try something else! Find something that makes you feel **Healthy: Inside and Out**.

Remember – everyone's bodies and minds are different. There's no such thing as a perfect body or mind and no one is perfectly healthy. People might pick different things that help them feel **Healthy: Inside and Out**, and that's OK.

If you're not sure about something, you can find an adult who you trust to talk to – it could be someone in your family, a teacher, or someone else in school.