

My Wellbeing Fact File

◆ www.nuffieldhealth.com/kidswellbeing ◆

This fact file belongs to:



Here's an idea for a homemade tuck shop snack.

OPEN

Make your own healthy tuck shop at home!

Name your tuck shop and design a sign.

Create a menu with 10 healthy food or drink items that include different colours of the rainbow. Make a price list.

Think about other healthy snacks you can offer as well as fruits and vegetables, such as nuts, seeds, oats.

Put your snacks together and give them each a name (ask for help if you need it with chopping, peeling or cutting).

What benefits do these healthy snacks give you?

Banana cookies

Ingredients

- 3 ripe bananas
- 180g chopped dried fruit (dates, apricots or raisins)
- 160g oats
- 80ml sunflower or veg oil
- 1 tsp vanilla extract



Method

Preheat the oven to 180C / 350F. Mash the bananas in a mixing bowl, then add the dates, oats, dried fruit, oil and vanilla and mix well. Put teaspoons of the mixture onto a baking tray lined with greaseproof paper and flatten with the back of a spoon. Bake for 15-20 minutes. Let them cool then enjoy!

Why is hydration important?

We all know that drinking enough water is important – but why? Find out here...

- ◆ Hydration is important because the body is made up of around 65% fluid. In addition to fluid we get from drinks, food contains water and can help to top up our fluids – particularly fruits and vegetables.
- ◆ All of your body's cells, tissues and organs need to be hydrated to work efficiently.
- ◆ Being well hydrated can boost our mood, energy levels and concentration.
- ◆ It also keeps our skin healthy and helps joints recover from injury, whilst helping to protect us from disease.

Choose water, sugar free drinks and milk.

Drink at regular intervals throughout the day, especially when the weather is warm.

Have a drink every morning when you get up. Remember, fruit juices are high in sugar and acidity, so it is recommended to limit these to 150ml per day.

Eat a rainbow every day as fruits and vegetables contain water too.

Top tips for... Good hydration

If you feel hungry, have some water first. We can easily confuse thirst with hunger.

Use your wellbeing journal to record your daily water intake.

When you are going out and about, take a bottle of water along with you. Jazz up your water by adding ingredients such as sliced fruit.

Invent your own...

smoothie!

- ◆ **Find some ingredients** to make your own healthy smoothie (you can sell this in your tuck shop at home!)
- ◆ **Which fruits and vegetables** will you use to make your smoothie?
- ◆ **Is there anything else you could add?** (Yoghurt, oats, peanut butter)
- ◆ **What is the main colour** of your smoothie and what vitamins are included?
- ◆ **Give your smoothie a cool name** if shops were going to sell it!

Here's a recipe to get you started. Can you include different ingredients tomorrow?

Ingredients

- 200ml milk
- 1 heaped tbsp oats
- Half a banana
- 1 kiwi
- Handful of spinach
- A little honey (optional)



Why is it important to eat a rainbow?

Eating a variety of colours of fruit and vegetables is important to ensure your body has the right mix of vital nutrients to remain healthy. How many colours will you consume today?

RED



Contain antioxidants such as lycopene which can help maintain a healthy heart and cholesterol level.

E.g: red peppers, tomatoes, cherries, red apples, pomegranate.

ORANGE



High in carotenoids which help your body make vitamin A. This helps to make our hormones and keep our eyes healthy.

E.g: carrot, sweet potato, pumpkin, butternut squash, oranges, mangoes, cantaloupe melon.

GREEN



High in antioxidants, fibre and minerals such as magnesium which is important for the health of your bones and muscles.

E.g: green apples, courgette, broccoli, spinach, kale, avocado, cabbage, leeks, kiwi.



YELLOW



Also contain carotenoids and help to make vitamin A.

E.g: yellow peppers, lemons, papaya, honeydew melon, peaches, banana.

WHITE/BEIGE



Contain a range of minerals such as potassium which is important for the heart and muscles, vitamin C and also fibre.

E.g: mushroom, onion, garlic, white peaches, turnip, celeriac.

BLUE/PURPLE



Contain antioxidants which help protect cells and nitrates which can help maintain a healthy blood pressure.

E.g: aubergine, blackberries, blueberries, purple grapes, red cabbage.

This 'move' challenge is based on key movement patterns.

Young people aged 5-18 should move for at least one hour in total every single day. This should be mostly aerobic, (which makes you breathe faster) at a higher intensity than just walking, and include activities that strengthen muscles and bones at least three times per week (like running, turning, jumping, playing games).

Did you know...

Hopping and skipping can make your bones stronger.



Push:

◆ Body weight

Your goal, is to push your own body weight, to match your age in years, in that many seconds or faster! 9 year olds, do 9 reps in (less than) 9 seconds! How much faster can you be than the time limit? How much faster can you be than your friends? Challenge each other online! Try today's reps challenge

Pull:

◆ Tug of war

Who will be the champion of your household!? Make various rounds. Use both arms, then only one arm, then from kneeling. Then from being seated. How much different is the workload if one person is standing and the other kneeling?

Lunging:

◆ Move variation

Travel with as many lunge steps as you can, round the block, to and from the shops. Or just down the hallway or living room, see who can take the most continuous lunge steps! Record everyone's attempts on a calendar – be creative.

Lift:

◆ Deadlift variation

Use your sofa as a weight. Try and lift it from one corner, up to your hip height, too easy? Put the dog on there for extra weight or even piles of your schoolbooks! What's the most 'creative' resistance you can lift?

Twist:

◆ Rotate variation

Hula hoop challenge! To make you move and smile at the same time. If you don't have a hula hoop, try making one! Get the creative ideas flowing, what do you need for your own hula hoop? How long can you keep it off the floor and can anyone beat your record?

◆ Travel:

Move variation

Can you move in a different way all day – hopping, bounding, jumping, skipping, walking on tip toes, taking stairs using 2 or 3 at a time instead of 1. What was the most difficult method of travelling?

◆ Drop:

Squat variation

Today is a squat jump challenge. Drop as low as you can and then spring up into as high a jump as you can. Take a sticker / post it note, and try and place it as high up on a wall as possible (something non marking, otherwise your parents may get cross!)





Write about or draw your circuit here. Share it with your friends to create a library of different home exercises.




Create your home gym!

- ◆ Find some every day household items and space and create your own home exercise circuit.
- ◆ Can you think of 8-10 exercises which involve different muscles in your body and increase your breathing rate?
- ◆ Set this up so you can move between the different stations and spend 30 seconds on each exercise with 15 seconds to rest and move to the next one.
- ◆ Can you complete the circuit twice? Try to come up with some new names for the exercises.

Your exercise names:

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	



The ABC

We all have ABCs every day, but what is an ABC and how do you recognise it?

A is for **Adversity** which is usually a little problem we have or even just 'A' thing that happens.

B is for **Belief** which is like our internal radio of thoughts or what we are saying to ourselves in our mind. It's our interpretation of the 'A' and may not always be accurate.

C is for the **Consequence** that the A leads to. The consequence is usually an emotion (how we feel) or a behaviour (what we do).

The most important step in the ABC is the B (the belief). What belief did you have? What different thought could you have to improve your emotion (how you feel)? Write down your ABC before and after you changed your 'Belief'. How would you explain ABCs to an alien?

Think like Epictetus!

Learn Mind Control (your own!) Epictetus was a Greek scholar. He said that you can only control two things. **YOUR thoughts**, and **YOUR actions**. Spend the day focusing on this concept. We all have lots of things going on, perhaps now more than ever, but put focus on reminding yourself of the positives, and make your actions a force for good. The world needs more EPIC-tetus types!



Check your story

We tell ourselves a story of what is happening in our day and sometimes things can seem a little overwhelming. We can exaggerate our thoughts and imagine the worst case scenario. Take a moment to look outside your window. The world should seem quite calm as if everything is normal. Try to notice the simple, everyday things outside and sense one thing you could touch, one thing you could smell and one thing you could hear. Imagine things like the birds, flowers and trees. The world you can see is probably not quite as stressful as the story we often tell ourselves.

Lift somebody's mood!

Make a card today in the shape of a hot air balloon and write some positive messages and thoughts in the balloon for a loved one to lift their mood and make them feel good. Do you have someone you know who is at home or an elderly relative you can't visit that you could send the card to?





Be thankful

With the influx of information we get, we can sometimes forget the little things. Take a moment to remind yourself of things you have to be thankful for to give you a positive mindset. Here are some ideas:

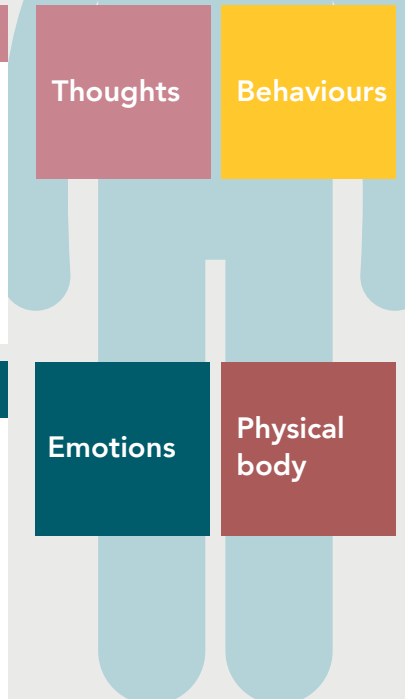
- ◆ Do you have food in your belly?
(If you ate in the last 24 hours, that'll be yes!)
- ◆ Do you have a place to sleep?
A roof over your head at night?
- ◆ Do you have people that check in on you?
Parents / family / guardians / teachers / friends
- ◆ Do you have a pair of shoes, and some clothes to keep you warm?
- ◆ Do you have some form of internet access / use of a computer or phone?

Some people do not have many or sometimes any of those things! If we can remind ourselves to be thankful for all the little things, we become stronger and more resilient, and can help make others stronger too! You can make a difference to how people feel.

The 4 corners of me

Things that happen to us or the choices we make, show up in us in 4 areas – Thoughts, Emotions, Behaviours and Physical body.

Think about how a current situation is showing up in your own 4 corners. If you changed your thought, would this affect the other 3 corners?



Thoughts (in our mind)

Before:

After:

Behaviours (what we do)

Before:

After:

Emotions (how we feel)

Before:

After:

Physical body (in our body)

Before:

After:

Starting with your thoughts, write in the boxes below how this would show up in your own 4 corners before and after.

My situation:

Begin to learn a new skill today!

Post a video online on how to learn a new skill e.g. basics for learning to juggle, how to sketch something.



Why is sleep important?

It is important to get 10-11 hours of quality sleep each night because:

Sleep is important for the development of your body and brain and helps us grow properly.

Sleep helps your body to heal and repair appropriately.

Good sleep will help you feel refreshed and energised to get the most out of the day ahead!

Quality sleep will also boost your concentration, so you are able to learn new skills and take in new information.

Getting enough sleep helps to maintain a healthy weight and reduces cravings for healthier high sugar foods.

Top tips for getting a good night's sleep

Which of these tips can you try to help you sleep better?

- ◆ **Have a regular routine of going to bed and getting up at the same time each day.** Our bodies respond well to regular routines and this supports our circadian rhythm - a natural, internal process that regulates our sleep-wake cycle.
- ◆ **Have some time to wind down before going to bed, away from bright lights and screens** - this could be reading a book, listening to relaxing music or having a bath. You will be more likely to have quality sleep if the mind and body are relaxed.
- ◆ **Keep active!** Regular physical activity during the day is a great way of reducing levels of stress hormones on the body to enable better sleep. Use our exercise tips to keep active such as creating your own home gym!
- ◆ **Avoid stimulants and foods or drinks high in sugar** such as chocolate, sweets and biscuits that can negatively affect sleep quality. Remember to consume these in moderation and not to eat them close to bedtime.

Why is it important to avoid bright lights and electronic devices close to bedtime?

Bright lights, television, phones and other devices can have a negative impact on your sleep.

- Taking devices into your bedroom may mean you are using them past your usual bedtime, eating into your essential sleep time! Set a time limit to switch them off and put them away.
- Light from electronic devices is thought to delay the release of melatonin – the hormone that is important for us to get to sleep.
- Keeping your phone by your bedside will interrupt sleep if this makes a noise or alert during the night. Checking devices that emit light will cause the brain to 'wake up' and cause stress hormones to be released - disrupting sleep further and making it more difficult to get back to sleep.

Is there a new activity you could do to replace watching television or looking at your phone before bed?



Help your body to relax.

This sheet will guide you through a couple of techniques to help your body to wind down and relax. Remember, giving yourself time to wind down before bed can support better quality sleep.



Did you know...

Sleeping well helps improve our long-term memory.



Progressive Muscular Relaxation (PMR)

- ◆ Lie on your back and close your eyes. Begin by relaxing your breathing – breathe in deeply through your nose, counting to 4, then slowly breathe out counting to 3.
- ◆ Now start with the face muscles – imagine you are biting hard on something, hold for a few seconds, now relax your jaw muscles. Try this again and feel the tension in your muscles start to release. Do the same thing scrunching up your nose.
- ◆ Next, begin to relax the muscles in your body. Stretch both arms up to the ceiling as high as you can, hold them there, then let them drop. Try this again.
- ◆ Now imagine you are gripping something in one hand, squeeze it very tight and hold for 5 seconds, then release. Repeat with other hand.
- ◆ Move to your tummy, squeeze it right in for 5 seconds, then let it all out and relax. Notice how it feels. Repeat a few times.
- ◆ Now use the muscles in your legs to squeeze the toes for 5 seconds. Now relax the toes and legs completely. Repeat.
- ◆ Now tense up your whole body for a few seconds before completely relaxing all your muscles. Enjoy how this feels and let your body feel heavy and sink into the bed.
- ◆ Reflect on how this technique felt. How do you feel now? Do you feel different to when you started? Did you notice the tension leave your body?

RELAXATION TECHNIQUE ONE



Deep breathing technique

- ◆ Find a comfortable and quiet place to sit or lie down before you start. You may choose to close your eyes and imagine yourself in a relaxing place such as on a beach.
- ◆ Breathe in deeply and slowly through your nose, feeling your belly rise. Hold for 1-2 seconds, then slowly breathe out through your mouth feeling your belly deflate.
- ◆ Count to 5 to breathe in and back down to 1 to breathe out. Do this a few times to find your own calming rhythm.
- ◆ Try to deep breathe for 5 minutes to begin with or until you feel relaxed and calm.

RELAXATION TECHNIQUE TWO