

SUSTAINING HEALTHY WELLBEING FOR CHILDREN AND FAMILIES

HELPING CHILDREN AND FAMILIES CONNECT THROUGH GETTING BODIES MOVING AND HEALTHY LIFESTYLES



Why Being Healthy Matters

Movement isn't just about our bodies. It's essential for our hearts and minds. Moving our bodies is so important for children, and active children are more likely to feel:

- ✓ Positive, energetic, and energised
- ✓ Focused and calm
- ✓ Confident and ready to learn
- ✓ Connected to others through play/games

What Sustains Healthy Moving Bodies

Moving our bodies helps us build our energy levels, improve emotional balance, eat a balanced diet, and get more restful sleep. A tip for families? Ask "When did you last feel full of energy and joy?" That's often a moment of movement - do more of that together!

Every Day Tips For Getting Bodies Moving



At Home

- 👍 Make time for family physical activities
- 👍 Dance parties and dancing spontaneously
- 👍 Nurture independence and accomplishment:
 - * Set physical age-appropriate chores
 - * Family stretch & flexibility routines
 - * Yoga tree pose to strengthen balance
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 - * Breathing check-in "What do you notice?"



At School & Weldon OOSH

- 👍 Join one of our extra-curricular clubs
- 👍 Organise a game where everyone moves
- 👍 Create a safe mini-obstacle course
- 👍 Make sure to get up and move every 30 mins
- 👍 Share your moving ideas with our educators