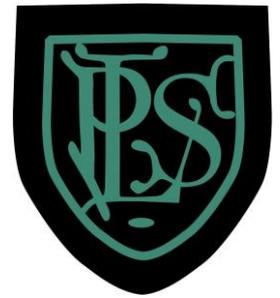


Lawmuir Primary School



Health and Wellbeing Support Guide

Early, First & Second Levels



Here are some ideas of how you can help me with my Health and Wellbeing at home.



Movement

Children and young people need to do 2 types of physical activity each week:

- aerobic exercise - examples include: walking, riding a scooter, walking the dog, cycling, skateboarding etc;
- exercises to strengthen their muscles and bones - examples include: walking, running, aerobics, football, basketball, climbing, gymnastics, sit-ups, press-ups etc.

Children and young people aged 5 to 18 should:

- aim for an average of at least 60 minutes of moderate intensity physical activity **a day across the week**
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day. All activities should make you breathe faster and feel warmer (NHS.UK)

There are lots of ways you can keep active, why not keep a diary, like the one below, to record your activities - can you achieve 60 minutes per day?

	Before 9am	9am ~ Lunch	Lunch ~ dinner	Dinner ~ bed	Total Time
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Useful Movement Websites

You may find these websites helpful with more hints and tips on how you can support your child.

- <https://www.gonoodle.com/> GoNoodle® engages 14 million kids every month with *movement and mindfulness* videos created by child development experts. Available for free at school, home, and everywhere kids are!
- <https://www.activekidsdobetter.co.uk/> Kids are made to play. Kids aren't made to sit still, they're made to play. But today's kids are part of the least active generation in history, and all that sitting around doesn't sit well with us.
- <https://www.jumpstartjonny.co.uk/home> Jump Start Jonny is a fitness superstar on a mission to get kids fit! His whooptastic workouts are loved in schools and homes across the UK, Ireland, USA and Australia.



Food and Nutrition

Eating a healthy balanced diet, helps to ensure that you are getting all the essential vitamins, minerals and other nutrients that you need for healthy growth and development.

WHAT IS A BALANCED DIET?

To get a balanced diet, you need to ensure that you are eating a wide variety of nutritious foods from all the different food groups. As a general guide, children should eat:

1. Lots of fruit and vegetables (more veg than fruit)
2. Wholegrains (such as brown rice, whole grain bread and whole grain pasta)
3. Beans and lentils
4. Lean meat and fish (especially oily fish)
5. Nuts and seeds

Some activities you can try:

1. Start the day with a healthy breakfast. It refuels the body and provides energy for the day.
2. Aim to eat at least five portions of fruit and vegetables every day, keep a record and chart your progress.
3. Drink more water. The recommendation is - 5 glasses (1 litre) for 5 to 8 year olds; 7 glasses (1.5 litres) for 9 to 12 year olds; 8 to 10 glasses (2 litres) for 13+ years.
4. Help to plan and prepare a nutritious meal with a family member each week.
5. Give up sweets for the day (or even longer).
6. Swap fizzy drinks for diluting or fruit juice.
7. Give whole grain foods a try. Examples include oats, brown rice and whole-wheat pasta.
8. Take time eating, and chew slowly. It takes 20 minutes for the brain to tell the body that you are full.
9. Eat together as a family as often as possible.
10. Eat a variety of foods in small portions.

Useful Food and Nutrition Websites

You may find these websites helpful with more hints and tips on how you can support your child.

- <https://www.nhs.uk/change4life/> Change4Life is here to help your family be healthier and happier. Find out more about what's really in the food your family eats.



Mindfulness

Taking part in regular mindfulness activities helps children to develop their ability to focus whilst learning to regulate their emotions.

Find a quiet and safe place to try some of the following activities:

1. **Take a Moment to Breathe.** Close your eyes and breathe in and out slowly and deeply five times.
2. **Listen Carefully.** When you catch a moment of silence, appreciate it and let the silence fill your ears and head and feel your breathing deepen and pulse slow down.
3. **Notice 5 things.** If you are feeling negative emotions you can try to notice 5 things around you this can help you to feel calmer.
4. **Draw your Emotions.** It can sometimes be difficult to say how you are feeling but drawing emotions can be a great way for you to pay attention to what you are feeling at a given moment, and express it without words.
5. **Kind Thoughts.** Practice kind thoughts by thinking of five people you would like to send a kind wish to.

Useful Mindfulness Websites

You may find these websites helpful with more hints and tips on how you can support your child.

- <https://www.headspace.com/meditation/kids> *Meditation for Kids*
We want children to be healthy and happy, not just now but for the rest of their lives. And teaching them about meditation early would help them do just that. That's why we created Headspace for Kids.
- <https://positivepsychology.com/mindfulness-for-children-kids-activities/> *25 fun mindfulness activities for children and teens (+tips)*
- <https://kidshealth.org/en/kids/mindful-exercises.html> *Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing.*



Sleep

Good sleep is important for your physical and mental wellbeing. Sleep is an essential part of everyone's routine and an essential part of a healthy lifestyle. Studies have shown that children who regularly get an adequate amount of sleep have improved attention, behavior, learning, memory, and overall mental and physical health.

Below are the approximate hours of sleep needed (accessed from Sleep Scotland):

Age	Newborn babies	Up to 1 year	Up to 3 years	3-5 years	5-12 years	Young adults up to approx. 20 years	Adults
Number of hours	18	14-18	12-15	11-13	9-11	9-9 1/4	7-8

A good bedtime routine is one important way to help you get a good night's sleep.

Here are some tips to help you to get a good night's sleep:

- No TV, gaming, social media etc. an hour before bed;
- Quiet play, for example drawing and colouring;
- Avoid sweets, biscuits, fizzy drinks, tea, coffee, hot chocolate;
- Enjoy a relaxing bath, then brush teeth and into bedroom;
- Read a story (a calming story)
- Carry out the same routine in the same order each night – including weekends.

Useful Sleep Websites

You may find these websites helpful with more hints and tips on how you can support your child.

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/> Healthy sleep tips for children

<https://www.sleepscotland.org/support/gateway-to-good-sleep/why-is-sleep-important/> supporting every child to get a good night's sleep.

Useful General Health and Wellbeing Website

You may find this website helpful with more hints and tips on how you can support your child.

- <https://www.healthforkids.co.uk/> Health for Kids introduces a new and different way for primary school children to learn about their health.