

How to support your child's wellbeing.

To be at our best, we must 'Be Well' in ourselves - both mentally and physically.

The Cognita Be Well Charter explains what wellbeing really means and the mental and physical factors that influence it.



Global Be Well Day 2021



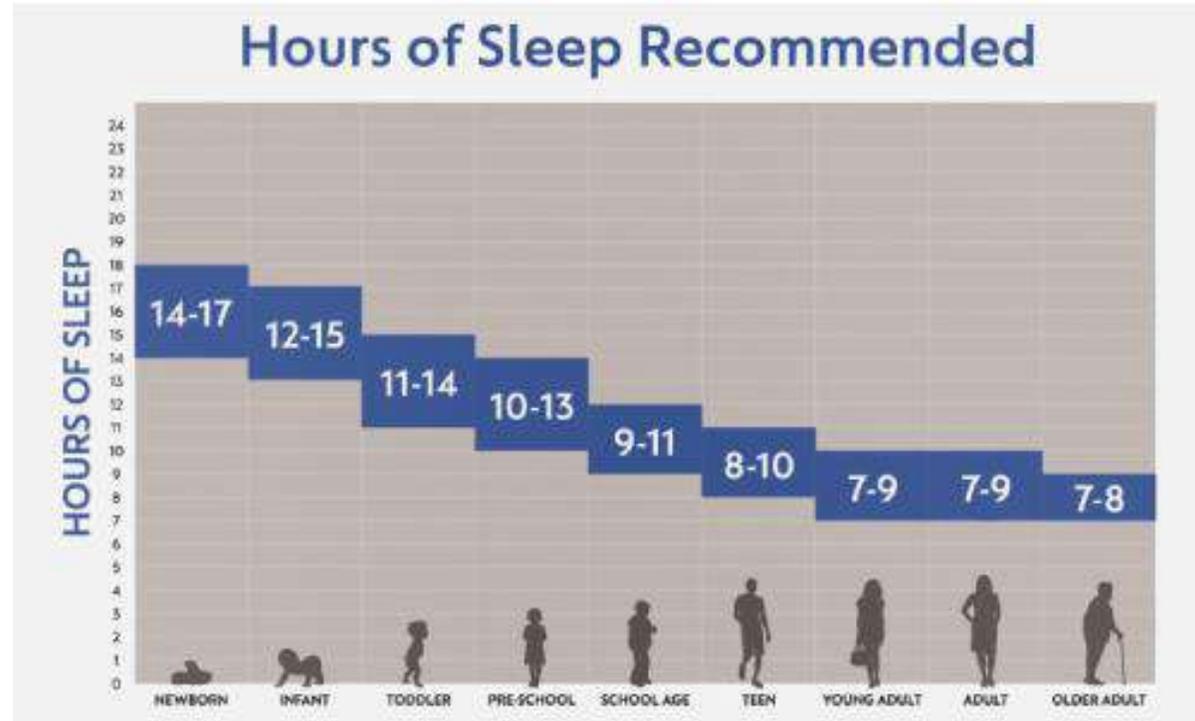


Adequate and restful sleep

Recharges both body and brain; improves the capacity to learn and retain information; and improves social and emotional interactions

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- Encourage routine.
- Remove any distractions - electronics devices.
- Encourage some physical activity after school



PHYSICAL CONTRIBUTOR



Diet

Healthy and balanced diet

Gives our organs and tissues adequate nutrition to work effectively and reduces risk of disease and ill-health

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Fruit and veg to support the immune system and help fight off infections.

Carbohydrates for energy (wholegrain if you can).

Protein to keep muscles strong.

Dairy – calcium and vitamin D for healthy bones

Oils – vitamin A and E for fighting infections.

Water – stay hydrated – water bottles can be refilled at school





Moderate to vigorous & regular physical activity

Decreases the risk of developing certain diseases and conditions

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Physical activity
For children and young people

5-18 years

BUILDS CONFIDENCE AND SOCIAL SKILLS

MAINTAINS HEALTHY WEIGHT

DEVELOPS CO-ORDINATION

STRENGTHENS MUSCLES AND BONES

IMPROVES SLEEP

IMPROVES CONCENTRATION AND LEARNING

IMPROVES HEALTH AND FITNESS

MAKES YOU FEEL GOOD

Be Physically Active

Spread activity throughout the day

aim for an average of at least **60** minutes per day across the week

All activities should make you breathe faster and feel warmer

Play

Run/Walk

Bike

Active Travel

Swim

Skate

Sport

PE

Skip

Climb

Workout

Dance

Activities to develop movement skills, and muscle and bone strength **ACROSS WEEK**

Get Strong

Move More

Inactivity

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

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- Tomorrow we are going to be exploring the 3 mental contributors to wellbeing: **connecting**, **giving** and **doing**.
- **Connecting** with our own feelings and those of others through EMPATHY.
- **Giving** and **doing** via our charity bags



Connecting



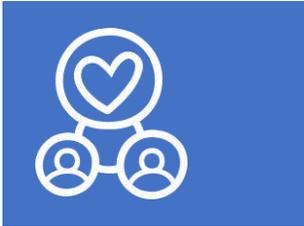
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Coping strategies



- It's important to manage emotions in a healthy way. Therefore it's good to know some coping skills that can help your child face their fears, calm down or cheer themselves up.
- Studies have found that if children can't find healthy coping skills from a young age, their feelings might make them turn to unhealthy coping strategies like food, alcohol or even drugs as they grow older. Avoiding talking about feelings all together may affect their mental health further.

Coping strategies



verywell

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10 coping strategies to try



1. **Name the feeling** (the feelings wheel would help).
2. **Breathing exercises to relax your mind** (breathe in then out like when blowing bubbles)
3. **Do some exercise** (let out some excess energy, boost mood)
4. **Create artwork** (doodle, colour, paint)
5. **Read a book** (escape into a story)
6. **Play a game** (keep the mind busy)
7. **Do some yoga** (helps relaxation)
8. **Play music** (it calms anxiety and makes people happy)
9. **Watch a funny video** (laughing always makes you feel better)
10. **Self-talk** (use the same words to yourself that you would say to a friend)

Doing



MENTAL CONTRIBUTOR



Giving

Giving to help a cause or others

Creates more compassionate and grateful communities and generates positive emotions for the giver as well as the receiver



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