



**HOW ARE THEY FEELING?
WHY DO YOU THINK THAT?**



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A young boy with short brown hair is riding a blue three-wheeled bicycle (trike) towards the camera. He is wearing a white long-sleeved shirt with a green and blue logo that says 'parkride' and 'parkride.co.uk'. He is also wearing dark blue trousers and bright green sneakers. The trike has blue fenders and a blue frame. In the background, there is a colorful graffiti wall with blue, yellow, and green patterns. To the left of the boy, there is a large, light orange speech bubble containing the text 'HOW ARE THEY FEELING? WHY DO YOU THINK THAT?'.

HOW ARE THEY FEELING?
WHY DO YOU THINK THAT?




**HOW ARE THEY FEELING?
WHY DO YOU THINK THAT?**

WHO DO YOU AGREE WITH AND WHY?



People with good mental health feel a range of emotions and learn to manage them.

JACK



People with good mental health feel happy all the time.

SHONA

Mental health means our state of mind and how we feel.

Having good mental health doesn't mean that you feel happy or positive all the time.

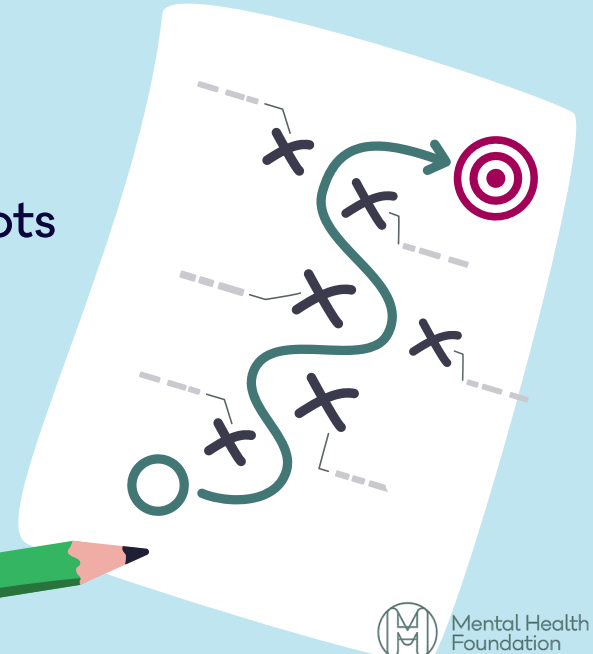


We all have good days and bad days.

Like the weather, your mental health can go through periods of positive and sunny bursts of energy, and it can also dip and feel a bit gloomy and grey.



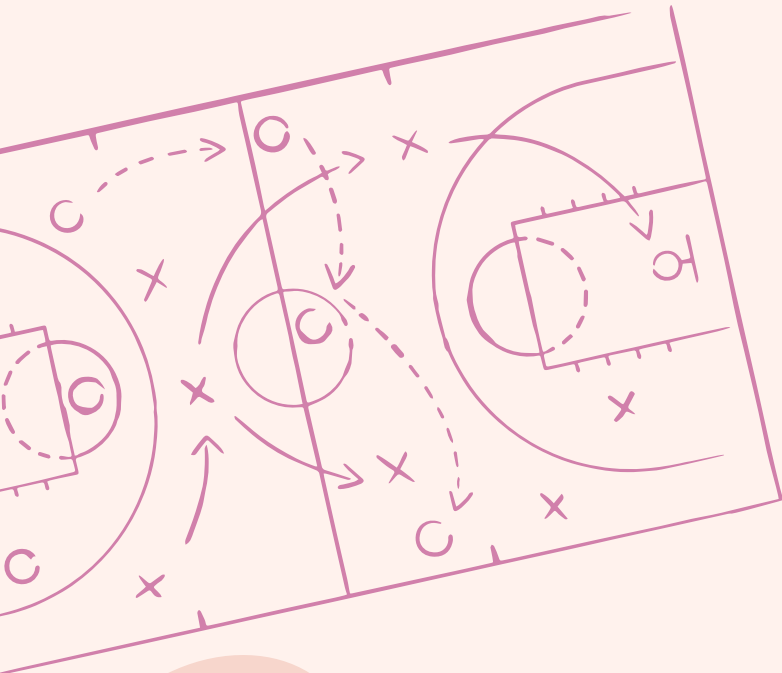
Being mentally healthy means that you have lots of good tactics for coping with your emotions, good or bad.



TALKING TACTICS

In sport there are always tactics (top tips and tricks) to help the person or team win.

What tactics could help you to win the following?



**100M
RACE**



**GAME OF
WHEELCHAIR
RUGBY**



**SWIMMING
RACE**

Doing exercise or playing sports are great ways to be physically active, but being physically active includes any exercise that gets you moving!

It could be as simple as:

SCOOTING
TO SCHOOL



DANCING
TO MUSIC



GOING FOR
A WALK
IN THE PARK



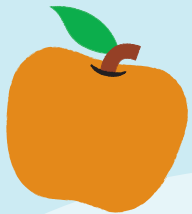
**INCREASES
OUR SPEED**



**IMPROVES OUR
FLEXIBILITY**



**HELPS US TO
DIGEST OUR FOOD**



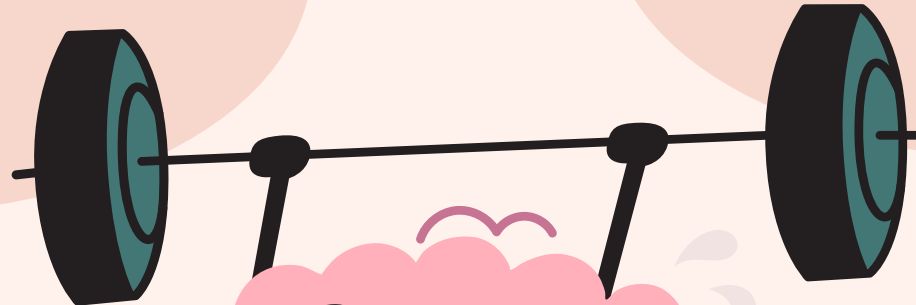
**BUILDS
MUSCLES**





**HELPS US TO
CONCENTRATE**

**IMPROVES
MOOD**



**BOOSTS
SELF ESTEEM**



**BETTER
SLEEP**



ENDORPHINS

We all have chemicals in our bodies called hormones which change our mood and how we feel.

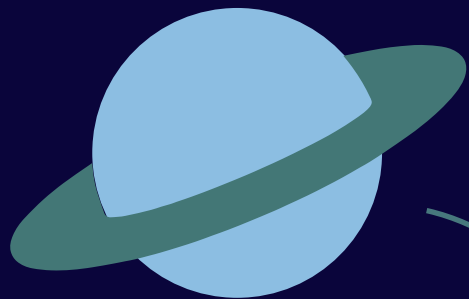
Some make us feel happy, some make us feel angry, some make us feel sad.

When we move our bodies, it releases chemicals called endorphins.

Endorphins send signals/ messages to our brains that help us to feel happier.



**WE WANT TO BOOST
OUR FEEL GOOD
HORMONES EVERY DAY
IF WE CAN, BY MOVING
OUR BODIES.**





**MOVEMENT HELPS YOU
KEEP YOUR COOL!**

**FEEL YOUR BEST,
DO WELL IN SCHOOL!**

**YOU CAN MOVE
IN YOUR OWN WAY!**

**GET MOVING FOR
1 HOUR EACH DAY!**

THE GAME

LET'S GIVE IT A GO!



Over and under... goalball style!

Goalball UK
Transparency International

The equipment list:

- Goalballs (you can use other balls, ideally available for football)
- Eyeblinds (you can do without and ask participants to close their eyes)
- Willing participants

The instructions / rules

- Split the group into even teams, ideally made up of 5 or 6 players.
- Start with a game of 'over and under'. Teams stand one behind the other, the person at the front starts with the ball and passes the ball over their head, the next person then passes the ball through their legs.
- The continuous alternating until the ball reaches the person at the back of the line, who then runs to the front of the team and starts the process again.
- A team has completed the game when the person who started at the front reaches the front of the line.

Now... make it goalball style!

- Introduce eyeblinds to challenge the group to play without the use of their sight.
- Reinforce the importance of listening and introduce communication, i.e. saying 'over' / 'under' with each action.
- Communication is especially key for the person who must move to the front of the line, the front person should make an audible cue as to where they are, for example clapping their fingers or clapping.
- Encourage the participants to travel safely from the back to the front, creating a continuous line by everyone putting their hands on the shoulder of the person in front, so the person at the back can follow this line.

How to win

This is a typical game people have already played before and adds the challenge of playing without sight. To win this challenge each group must complete the game successfully by using their other senses (hearing and touch) and using their communication and teamwork skills.

Reunion activity

Section timing
20-30 minutes

Resources needed
Music and space to dance.

Section objective
The following activity will help explore the ideas of coming together, relationships, some but different, dance as a tool to express your emotions and ideas and bring children closer to the ideas and methods of acrobatics.

Links to curriculum

- Innovation and creation
- Self-knowledge
- Collaboration
- Communication
- Responsibility

Steps

- Children to watch the story of Alice and Denzoo here: <https://www.youtube.com/watch?v=9dV3dKdCafE>
- Then the children explore some of the themes discussed in the video specially how dance is a way of bringing people together and of sharing a story.
- After the discussion and brainstorming ideas of how dance brings us closer, connections, emotions, some but different, expression through body, emotions etc, the children can watch the actual performance here: <https://www.youtube.com/watch?v=9dV3dKdCafE>
- Then they work in pairs to explore things that are different and yet similar about them and that they can create a dance based on the ideas introduced above in their pairs.

icandance
Dance & Wellbeing

ANIMAL WALKS RELAY

HEAD OUTSIDE AWARDS

The Animal Walks Relay is a dynamic and entertaining activity where children mimic the movements of different animals in a team-based relay. As they hop like frogs, or crawl like bears, they can engage in a playful exploration of a variety of movements whilst having fun!

DURATION
15 to 20 minutes

MATERIALS NEEDED

- Cones or markers to delineate the relay start and end points.
- A list of animal movements for reference.
- Whistle or signal to start and end the relay.

ACTIVITY BREAKDOWN

Introduction (2 minutes)

- Introduce the theme: "Today, we're going to move like different animals to help our bodies and minds feel great!"
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- Demonstrate a few animal movements (e.g. bear crawl, frog jump, bunny hop).

Warm-up (3 minutes)

- Lead the children in a brief warm-up to prepare their bodies.
- Include simple exercises like stretching arms and legs, jumping on the spot, and rotating wrists and ankles.



Chelsea FC Foundation Session Plan

WARM UP

Before we start the game with 10 ball in hand.

Practice changing direction when you reach a cone (or 4 points, one ball in each corner).

VARIATIONS

- Use ball to hop on one leg.
- Power to bounce high on two legs.
- Balance the ball on different parts of your body as you move around.
- Use other parts of your body to move the ball around.
- Practice to be on your feet to show different stances.

ACTIVITY (15-20 min)

- Divide around the circle.
- Turn in a line - 1 point.
- Turn out the back towards the other ball - 3 points.
- Set a line of 10 to set a cone (then to be used as a goal).

EQUIPMENT

- 10 cones placed 8 steps apart and 4 balls in a line.
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TAG RUGBY

premierrugbychampions.com

RESOURCES

- Whistle
- Tag
- Ball
- Cones
- Player
- Referee
- Attacker

GAME 1: TAG HANNA

Duration: 10-15 minutes

SET UP: 10-15 minutes

HOW TO PLAY:

- Divide the group into two teams.
- Each team starts with a ball.
- Each team has to pass the ball to the other team.
- Each team has to score a goal.

GAME 2: WIN THE BALL

Duration: 10-15 minutes

SET UP: 10-15 minutes

HOW TO PLAY:

- Divide the group into two teams.
- Each team starts with a ball.
- Each team has to pass the ball to the other team.
- Each team has to score a goal.

GAME 3: RAID THE NEST

Duration: 10-15 minutes

SET UP: 10-15 minutes

HOW TO PLAY:

- Divide the group into two teams.
- Each team starts with a ball.
- Each team has to pass the ball to the other team.
- Each team has to score a goal.

Ferocious Fielder: Skill development

Target ball

Equipment (per game)

- Cones
- Large ball
- Small ball

How to set up

• The aim is to get the large target ball over the opponent's line using soft balls or own legs.

How to play

• Start with one target ball. The first person to get the target ball over the opponent's line, it is a goal.

Physical skills

• How do you use your strong position to help catch power?

Life skills

• How do you react when you missed the target on your throw?

Remember to shout out:

- "Hurry it goes well"
- "Slow" when right
- "Hurry" when wrong

Equipment List

- Cones
- Ball
- Search ball

How It Works

- Position your players in a circle.
- Ensure players aren't too far apart so they can intercept the ball from a seated position.
- Teams are based on every other ball.
- Place the netball/box in the centre of the circle.
- If you have a big group, you can split them into multiple circles.

Seated Netball

Seated Netball is a fun & inclusive game designed to get everyone moving, irrespective of their age, ability or environment!

The Rules

- Your team must pass the ball 10 times before a player can shoot.
- You cannot stand or raise your bottom off your seat - you must stay seated! If you don't, the ball gets turned over to the other team.
- Any interception including a 'top' means the ball is turned over to the other team.
- The first team to 10 goals wins. You can do one game, best of 3 or best of 5, depending on how much time you have!

Remember to shout out:

- "Hurry it goes well"
- "Slow" when right
- "Hurry" when wrong

Equipment List

- Cones
- Ball
- Search ball

How It Works

- Position your players in a circle.
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THE END OF GAME CELEBRATION

How does physical activity and movement help to improve our mental health?

What physical activities can you add to your daily routine, what would you enjoy?

NOW IT'S TIME TO CELEBRATE!



THE COOL DOWN

Let's take a moment to relax our bodies and minds and prepare for the rest of the day.

Think about how you feel right now.

Breathe.

