

BEING ACTIVE IS EVERYONE'S RESPONSIBILITY!



You should try to keep active throughout the whole day!



BUILDS CONFIDENCE & SOCIAL SKILLS



IMPROVES CONCENTRATION & LEARNING



MAINTAINS HEALTHY WEIGHT



IMPROVES SLEEP



DEVELOPS CO-ORDINATION



STRENGTHENS MUSCLES & BONES



IMPROVES HEALTH & FITNESS



MAKES YOU FEEL GOOD

TOP TIPS FOR ACTIVE BREAKS:



SMALL STEPS = BIG DIFFERENCE

Sometime the simplest ideas can have a big impact



PUPIL VOICE

Pupil-led activities can support engagement



STRETCH YOUR LEGS

Focus on sitting less to break up sedentary time

INDOORS OR OUTDOORS



Activity doesn't need to mean sprinting and sweating! Choose what's right for your situation

GET BACK TO LEARNING



- Have set routines for swift transitions
- Consider calming tools for back in the classroom eg 30 seconds of guided breathing
- PA Helps focus cognitive function, make the most of it after a break!

WHAT ELSE COULD YOU DO?



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#20MinMove

