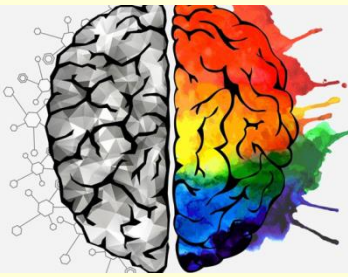




# Wellbeing at SHJS



## Signs of Wellbeing



### ACTIVE

- Am I a confident and skilled participant in physical activity?
- How physically active am I?



### RESPONSIBLE

- Do I take action to protect and promote my wellbeing and that of others?
- Do I make healthy eating choices?
- Do I know where my safety is at risk and do I make right choices?



### CONNECTED

- Do I feel connected to my school, my friends, my community and the wider world?
- Do I appreciate that my actions and interactions impact on my own wellbeing and that of others, in local and global contexts?



### RESILIENT

- Do I believe that I have the coping skills to deal with life's challenges?
- Do I know where I can go for help?
- Do I believe that with effort I can achieve?



### RESPECTED

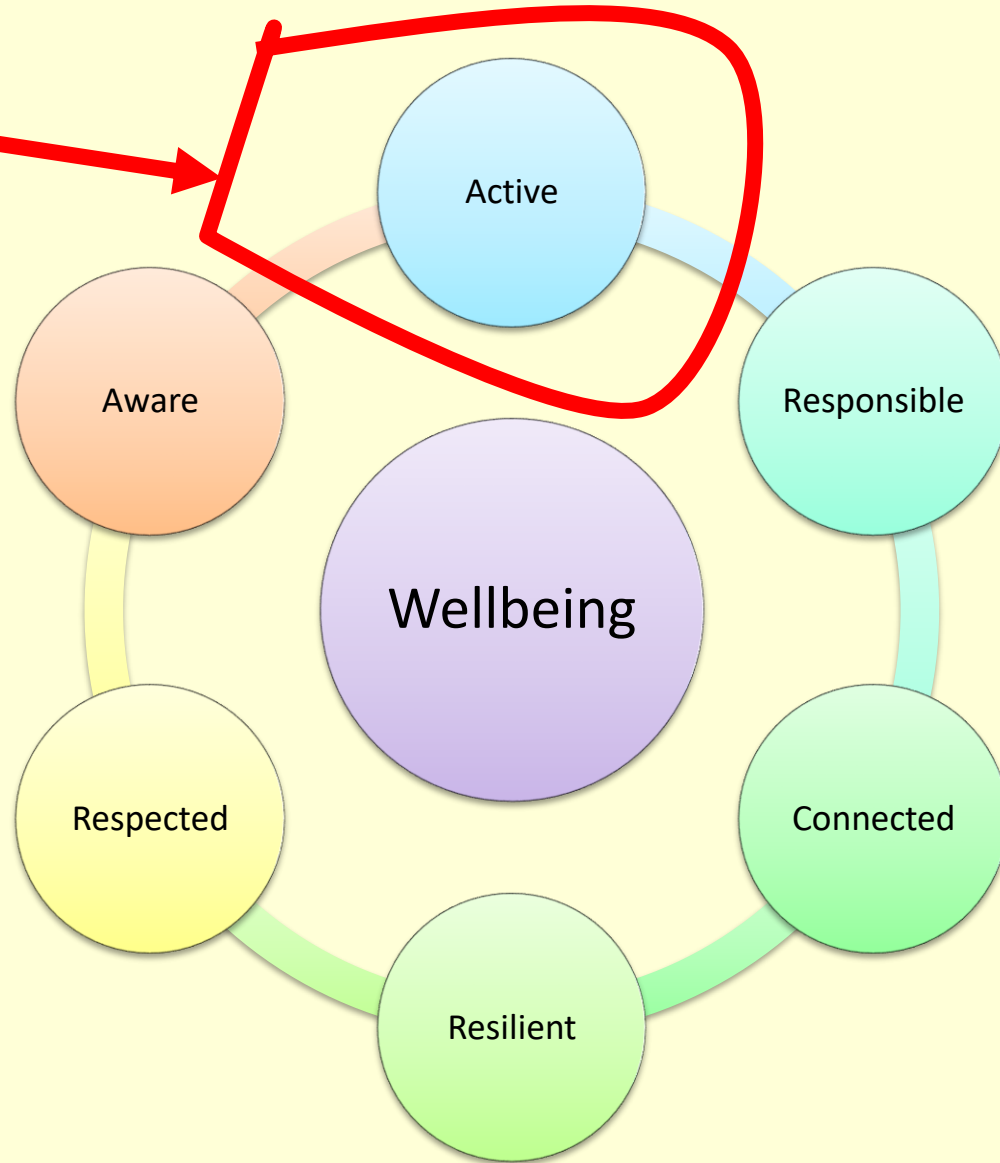
- Do I feel that I am listened to and valued?
- Do I have positive relationships with my friends, my peers and my teachers?
- Do I show care and respect for others?



### AWARE

- Am I aware of my thoughts, feelings and behaviours and can I make sense of them?
- Am I aware of what my personal values are and do I think through my decisions?
- Do I understand what helps me to learn and how I can improve?

Our Well-Being Focus is...





# Active



## KEY QUESTIONS TO THINK ABOUT...

- What does 'active' look like?
- What does being active help our physical wellbeing?
- How does active help with our emotional wellbeing?
- How often and for how long should we be active?

Active

# What does 'active' look like?

Active



Active

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Active

# What does 'active' look like?

Active



Active

# What does 'active' look like?

Active



Active

# How do I know I'm active?

Active

You might be....

- Running around
- Dancing and wriggling
- Jumping or skipping
- Swimming
- Riding a bike or scooter



You might feel...

- Getting hotter
- Heart beating faster
- Excited and happy

Active

# How much should I exercise?

Active

At least **60** minutes a day

Different types of exercise help different muscles and parts of our body – so mix it up!



Active

# How does being active help my body?

Active

## Make Your Heart Happy!

Your [heart](#) is a muscle. It works hard, pumping blood every day. Help your heart get stronger by doing aerobic exercise. This means you are breathing faster, taking in lots of oxygen and giving your heart a good work out.



## Get Stronger muscles!

Pushing, pulling, running, climbing all help to build strong muscles.

## Become more flexible!

Flexible means you can stretch your body more.



Active

# How does being active help how I feel?

Active

## Active Brain.... Happy feelings!

Exercising can also put you in a better mood. When you exercise, your brain releases chemicals that make you feel happier.



## Help release any stress!

Being active helps release anxieties or stress.



## Build up our self-esteem!

Being active helps us feel good about ourselves in what we achieve or just from enjoying our activity.



Active

# Active

Active



Google Classroom

## PE and Games Activities



# Active



## **KEY QUESTIONS TO THINK ABOUT...**

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# Wellbeing at SHJS

