



Mental Health Awareness Week

Movement: Moving more for our mental health

13th - 19th May

Movement is important for our mental health and regular physical activity can make us happier and healthier. Our bodies release feel-good hormones when we're active, which can reduce anxiety and stress and help us sleep better.

Join in this Mental Health Awareness Week by completing as many as the movement activities below in your class as you would like.

Early Years

- **Yoga** - [On The Farm](#) | [Yoga for Toddlers](#) | [Yoga Time!](#) - Cosmic Kids ([youtube.com](https://www.youtube.com))
- **Dance** - [Move and Freeze - Animal Edition!](#) | [Brain Break](#) | [Freeze Dance Games For Kids](#) | [GoNoodle Inspired](#) ([youtube.com](https://www.youtube.com))
- **Exercise Video** - [Kids exercise 5 minutes easy workout for Kids with Hip-po](#) | [Zeze Zebra animation for kids](#) ([youtube.com](https://www.youtube.com))
- **Animal Movement Cards** ([separate document](#))

We would love to see your school completing these activities! Please tag us in any photos on social media using @BucksMind