

# 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.**

### Key Stage 2

- **Chair Yoga** - [CHAIR YOGA | 10 Minute Daily Routines \(youtube.com\)](https://www.youtube.com/watch?v=9111111111)
- **Stretching** - [Brain Break: Stretching \(youtube.com\)](https://www.youtube.com/watch?v=9111111111)
- **Dance** - [34 Minutes of KIDZ BOP Dance Along Videos \(youtube.com\)](https://www.youtube.com/watch?v=9111111111)
- **Dance** - [Just Dance 2018 Waka Waka This Time For Africa Alternate - YouTube](https://www.youtube.com/watch?v=9111111111)
- **Exercise Video** - [https://youtu.be/fomkRYcl\\_mo?si=pw8\\_h6Rr8Pu7\\_yFj](https://youtu.be/fomkRYcl_mo?si=pw8_h6Rr8Pu7_yFj)

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