

# 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 3

- **Chair Yoga** - [CHAIR YOGA | 10 Minute Daily Routines \(youtube.com\)](#)
- **Yoga** - [Yoga For Neck, Shoulders, Upper Back | 10-Minute Yoga Quickie \(youtube.com\)](#)
- **Zumba** - [10-Minute Introduction to Zumba Trial Workout - YouTube](#)
- **Exercise Video** - [10 Minute Body Weight Workout \(youtube.com\)](#)

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