

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 4

- **Wheelchair Yoga** - [Wheelchair Yoga - Gentle Chair Yoga Routine \(youtube.com\)](#)
- **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