

Year 2 Project – ‘Healthy Minds, Healthy Body’

This link would be good to challenge the children to see how many activities they can complete, overall/each day.

The children to keep a log/diary of what they have done/enjoyed – add photographs.

<https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002>

Children to practice 5 different mental well-being exercises or strategies.

Challenge to see how often these exercises can be used each day.

Children to design a poster or short presentation, to promote the importance of positive mental health and healthy lifestyle.

<https://www.youtube.com/watch?v=Wsy2L9VvX90>

