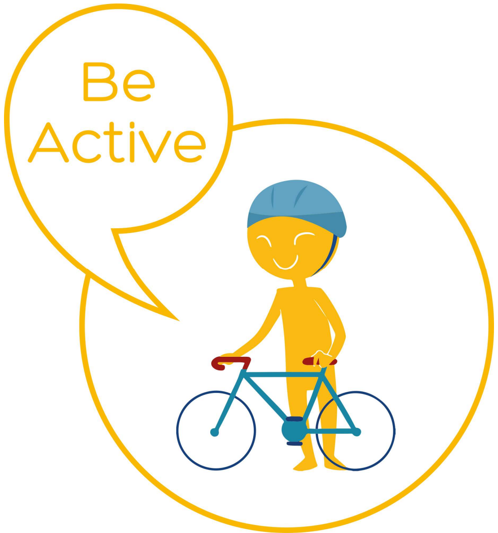
branch out

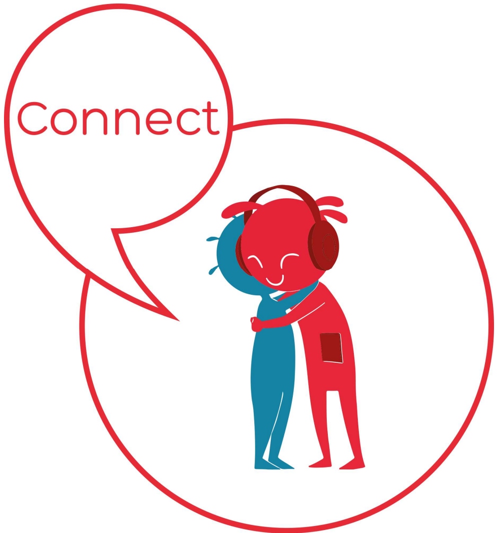
Lesson 5

Be Healthy 2

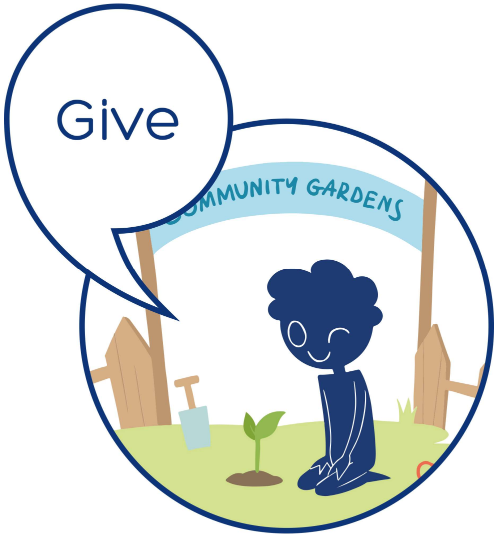
our minds matter



Be Active

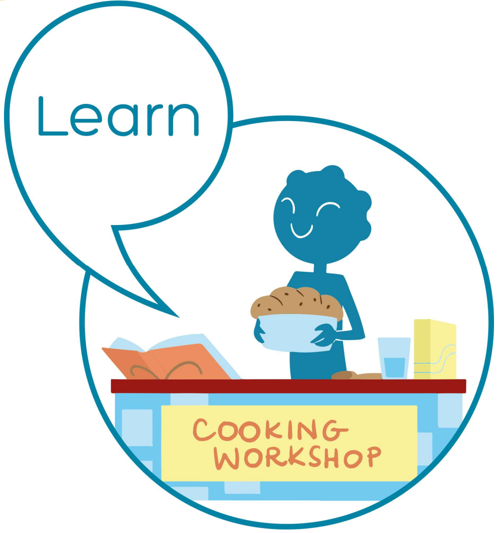


Connect



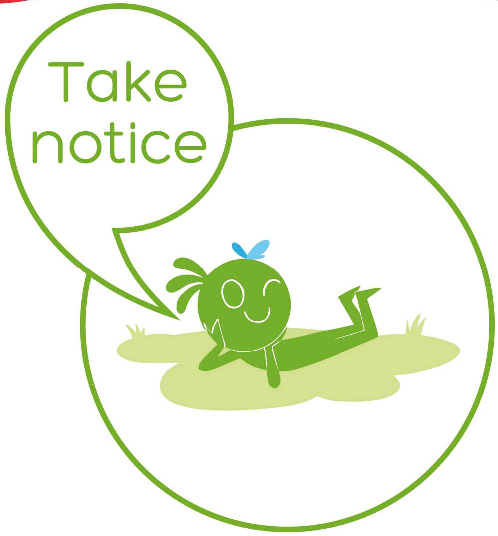
Give

COMMUNITY GARDENS



Learn

COOKING WORKSHOP



Take notice

How R U?

NOT OK 👎

OK 👍

Learning Intentions

To understand why eating well is important for our emotional wellbeing.

To understand why sleeping well is important for our emotional wellbeing.

To learn strategies to help us have a good night’s sleep.

What does EATING WELL mean?

Why is EATING WELL important for your physical health?

Why is EATING WELL important for your emotional wellbeing?

Eat Well

EATING WELL means eating a healthy, balanced diet:

- Getting your 5 fruit and veg a day
- Eating a variety of foods that contain carbohydrates, proteins, fats, minerals, and vitamins.

Eat Well

EATING WELL is important for your physical health.

It means that your body has all the nutrients that it needs to work properly.

It gives you energy to learn, play and grow.

Eat Well

EATING WELL is important for your emotional wellbeing.

- Feeling hungry can make us tired, grumpy or sad.
- Your brain controls your thoughts and feelings. It needs the right nutrients to work properly.
- If you do not drinking enough water, you might find it hard to concentrate.
- Lots of sugary foods can impact your emotions.
- Too much caffeine can make you anxious and stop you sleeping. Caffeine is found in chocolate, energy drinks, cola, tea and coffee.

Eat Well: Top Tips

1. Eat regularly
2. Eat a healthy, balanced diet
3. Drink plenty of water
4. Don’t eat lots of sugary foods
5. Don’t have too much caffeine, especially before bed.

It is ok to have a treat every now and then!

What happens if you do not get enough sleep?

Sleep Well

Lots of important things happen in your brain when you are sleeping:

- Stores memories
- Learns and solves problems
- Releases chemicals that help you grow

How much sleep do you need?

Answer: - Everyone is a bit different, and it also depends on your age.

The NHS recommends that 10 to 12 year olds get between **9 hrs 15 mins and 9 hrs 45 mins**

sleep each night.

Sort the ‘sleep’ cards into things that help you sleep and things that do not.

What do you do to get a good night's sleep?

Sleep Well: Top Tips

- Make sure your room is dark, quiet and comfortable.

- Go to bed at the same time each night.

- Start a calming bedtime routine 60 to 90 minutes before you want to go to sleep.

Sleep Well: Top Tips

- Do not use any screens (e.g. tablet, phone, TV) in the hour before you go to bed. The light from screens can stop you sleeping well.

- Do not watch scary TV shows or games if they make you feel scared at night.