

Back to Basics

"Empowering Parents/Carers to Support their Child's Wellbeing"



This week our **Way of Wellbeing** petal is '**Be Active**'.

Are you struggling to get motivated? Exercise and physical activity releases happy chemicals from your brain to your body. This will also help us sleep better.

You don't have to spend money, find something you and your family can enjoy together or as individuals.

- ❖ A walk is enough to make a difference, maybe take a scooter, play hide and seek, go to the park or go for a bike ride.
- ❖ Try a new class or activity online or face to face, depending on your preference and availability.
- ❖ Contact your local leisure centre or child's school and see what they have on offer.

The following link will take you to the **Back to Basics** video about '**Be Active**':

[Back to Basics Be Active Video \(youtube.com\)](https://www.youtube.com/watch?v=...)

Also attached is the **Back to Basics** factsheet which has lots of ideas and information for you and your family to help you to '**Be Active**'.

[BeActiveBasic-factsheet.pdf \(hants.gov.uk\)](https://hants.gov.uk/BeActiveBasic-factsheet.pdf)

In our small meeting room (by the School Office) our Wellbeing Flower is beginning to look wonderful with all your petals telling us what you have been doing to '**Give**' and '**Take Notice**'. Please pop in to add what you have done this week to '**Be Active**'.

