



This month's wellbeing edition is on
**Fuelling Wellbeing - The Link Between
Body and Mind**



Strong Bodies, Happy Minds: Helping Children Feel Their Best



This month, we're exploring "Fuelling Wellbeing - The Link Between Body and Mind" by looking at how movement, food, and rest help children feel calm, focused, and full of energy. When children move their bodies - whether that's jumping, dancing, running, or playing - they also help their minds feel clearer and more balanced. Nutritious meals, regular snacks, and enough water give little brains the fuel they need to grow, learn, and handle emotions. And sleep? It's like a magical reset button that helps children wake up feeling ready for a brand-new day!



As parents and carers, you can make a big difference by creating small daily routines that support both body and mind. Sharing meals together, encouraging play and outdoor time, keeping a calming bedtime routine, and chatting about feelings are great ways to support your child's overall wellbeing. It's not about being perfect - just about doing your best, together.

"Useful Website!" Click here!!!

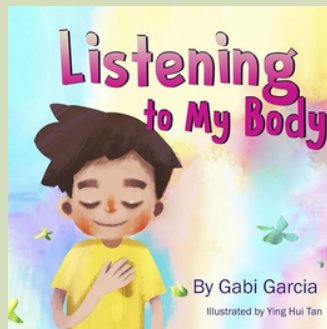
How to Encourage Your Child to Look After Body and Mind

We change and grow all the time and in many ways. Physical growth is easy to see as we grow from babies to children, teenagers to adults, but we also grow intellectually as we gain new knowledge, skills, and understanding.

According to children's charity Place2Be - organisers of Children's Mental Health Week - around five children in every classroom have a mental health problem and many more struggle with challenges from bullying to bereavement.



"Book of the month!" Click here



Listening to My Body is an engaging and interactive book that guides children through the process of naming their emotions and the physical sensations accompanying them.



🔊 Tune in to our podcast pick of the month

My Possible Self

"Take care of your body. It's the only place you have to live." - Jim Rohn

