

Healthy Living

25th October 2022

Our Rights

- **Be supported to live and grow**
- **To have my own thoughts and beliefs and to choose my religion with my parents' guidance**
- **Meet with friends and to join groups**
- **Good quality health care, to clean water and good food**

Mental Health and Physical Health

- **What do we mean by mental health?**
- **What do we mean by physical health?**

Time to Think

- **What activities and teaching we support in school to show we consider other's health care rights?**

Think about the opportunities we already have for supporting children's wellbeing.

Here are some things I thought of:



PATHS[®]
The PATHS[®] Programme for Schools (UK Version)
Promoting Alternative Thinking Strategies

Physical Health: Food and Energy

Eatwell Guide

Check the label on packaged foods

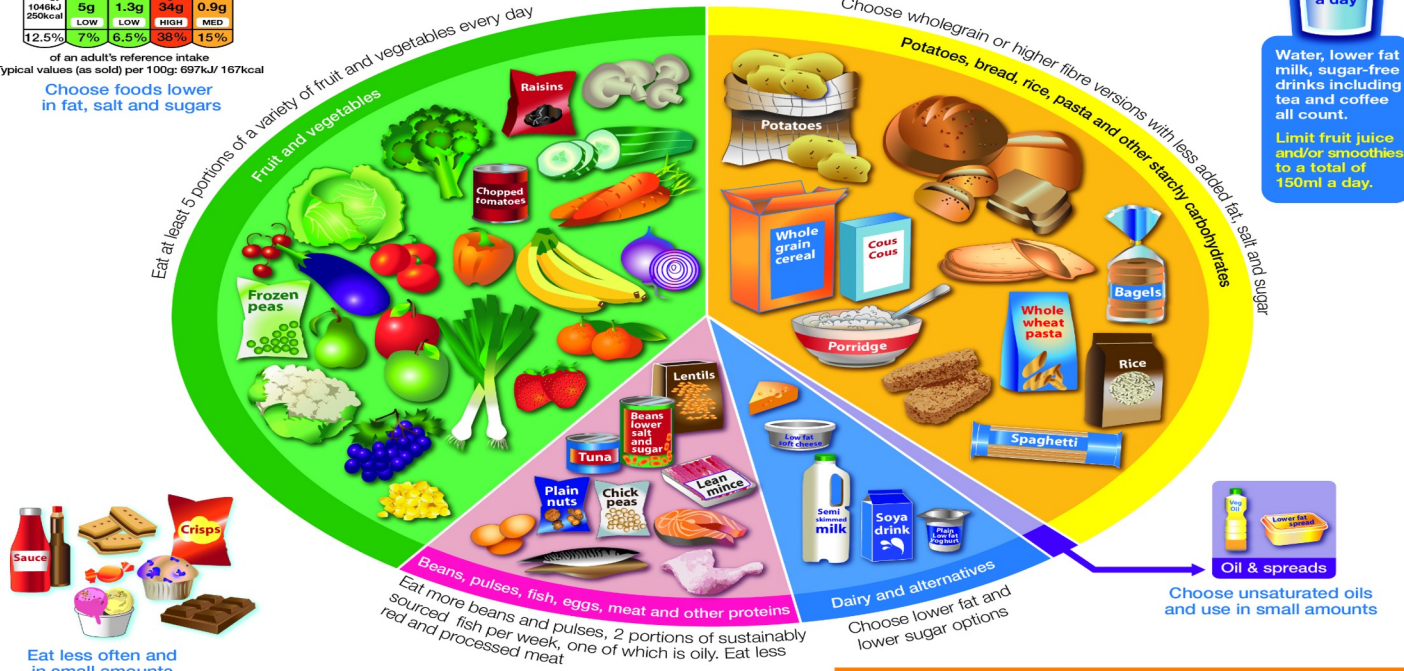
Each serving contains

Energy 1046kJ 250kcal	Fat 5g	Saturated 1.3g	Sugars 34g	Salt 0.9g
LOW	LOW	LOW	HIGH	MED
12.5%	7%	6.5%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g/ 997kJ/ 167kcal

Choose foods lower
in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Physical Health: Exercise and Sleep

Question:

- How much exercise do you think it is recommended children do every day?
- How many hours sleep do you think you should have?

Physical Health: Exercise and Sleep

Answer:

- Children and young people under 18 should aim to do at least one hour of activity every day.
- It is recommended children between 6 and 12 years old have 9-12 hours sleep per day.

Reminder

[Sid & Shanarri \(sidandshanarri.co.uk\)](http://sidandshanarri.co.uk)



KEEP
CALM
AND
CARRY
ON