

endorphins	Natural chemicals in the brain that create a happy feeling.
light activity*	Gentle movement that hardly changes breathing.
mental health*	How our mind is working or feeling.
moderate activity*	Movement that makes breathing faster but still allows talking.
regulate*	Managing thoughts, feelings and actions to stay balanced.
vigorous activity*	Movement that makes breathing hard, talking difficult and the heart beat very fast.



Making food choices

Look for the traffic light label on food packaging when making choices about what to eat. Too many high fat, high salt or high sugar foods can leave you feeling tired or unwell.



Staying active

Children should be active for about 60 minutes each day.

Emotions



Regulating your feelings

Your body sends clues when feelings grow stronger. Some ways to regulate are:

- Counting to ten.
- Box breathing.
- Stretching.
- Squeezing a squeeze ball.
- Going for a walk in nature.



Asking for help

Signs someone might need help include feeling sad for a long time or not enjoying usual activities. Talking to a trusted adult or calling Childline on 0800 1111 can help.