

## Creating a Movement Diary

It is very important for our mental health and physical health that we stay active. There are a whole variety of activities that you can do to stay active, so it is best to do something that you enjoy so that you are more likely to keep it up!

### Staying active could include...

- Walking
- running
- Bike rides
- Dancing
- Yoga
- Online workouts
- Games in the garden
- Ball games
- Gymnastics
- skipping
- Even cleaning and tidying up!

The important thing is to make sure you are moving and having fun!

### What should I include in a Movement Diary?

- What you did
- When you did it
- How long you did it for
- How you felt (you could also compare how you felt before and after you moved)

### What should my Movement Diary look like?

This is entirely up to you. We would like you to find a method that works best for you. It is important to include key information but you need to decide how you want to present this. You could even include pictures and drawings!

### Useful Websites:

PE with Joe Wicks

<https://www.youtube.com/user/thebodycoach1>

Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

NHS Change for Life

<https://www.nhs.uk/change4life/activities>

