

**MENTAL
HEALTH
AWARENESS
WEEK**
13-19 MAY 2024



GET YOUR FAMILY MOVING!



A pack for parents, carers and children

GET YOUR FAMILY MOVING!

GET MOVING FOR MENTAL HEALTH

INFORMATION FOR PARENTS AND CARERS...

This Mental Health Awareness Week (13 – 19 May 2024) we're encouraging children to get moving for mental health.

Exercise is good for our mental health and wellbeing; indeed the NHS recommends regular, enjoyable exercise as an effective treatment for depression. For children and young people aged 5 to 18 the NHS recommends an average of at least 60 minutes of moderate intensity physical activity a day, including some aerobic exercise and some that strengthens muscles and bones.

We've created this pack to help your family get moving in a fun way during Mental Health Awareness Week – and beyond. We've given you lots of ideas for different activities but we're sure you and your children will have many more.

We would love to see how you and your little ones have gotten active for our Get Moving for Mental Health campaign this Mental Health Awareness Week, so please share any photos and videos with us on social media by tagging us @charliewalleruk on Facebook, Instagram, Threads, X, and LinkedIn, or @charliewallertrust on TikTok.

You may also want to add some hashtags to your post. If so, please use: #GetMovingForMentalHealth #MoveForMentalHealth #MovingForMentalHealth #MentalHealthAwarenessWeek #MomentsForMovement #CharlieWallerTrust #TalkingMentalHealth #MentalHealth #MentalHealthMatters #MHAW24 and #fitnessandmentalhealth.

WHAT'S INCLUDED IN THIS PACK

- Fitness fun chart - to record all your movements
- Badge cut-outs
- Ideas to get your whole class moving
- Scavenger hunt
- Obstacle course
- The great GET MOVING countdown!
- Colouring in
- Get moving wordsearch



GET YOUR FAMILY MOVING!

FITNESS FUN CHART



| Name | Stretching | Dancing | Playing active games | Running | Going for a walk/wheel |
|------|------------|---------|----------------------|---------|------------------------|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

GET YOUR FAMILY MOVING!

BADGE CUT-OUTS

Every time you do a fitness fun activity, cut out a badge and stick it to your chart.



Lots of little badges for those of you who want to do more activities.



Some bigger badges for those of you who just do one thing amazingly!



GET YOUR FAMILY MOVING!

GET MOVING TOGETHER

Here's some ideas you can do with as few or as many people as you wish. You might like to get friends and neighbours involved:

- Do a scavenger hunt. See below for one you can try.
- Help your local community – put on gloves, take a plastic bag and pick up any litter you see in the neighbourhood near where you live (maybe have a competition in teams to see who can pick up the most).
- Create a dance routine to your favourite song.
- Create an obstacle course. See the next page for our ideas on what you can include.
- Ask a grown-up to teach you a dance move from when they were young – the twist, the electric slide, the running man, the macarena!

Brainstorm your ideas and write them all down - or draw pictures of them.



SCAVENGER HUNT

Here's a fun activity for a dry day. It includes some items you can pick up and some you can just see, to be ticked off as they're found:

- A funny shaped stone
- A crack in the pavement
- Two different leaves
- Some water
- A bug
- Something made of plastic
- A twig
- Something yellow
- A cloud
- A tree
- Something made of wood

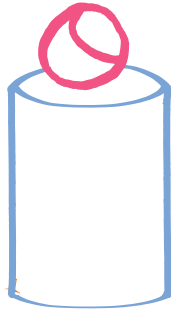
GET YOUR FAMILY MOVING!

OBSTACLE COURSE

Try out a few of these ideas for creating an obstacle course.



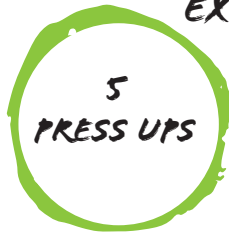
THROW BALLS
INTO A BIN
FROM A SET
DISTANCE



SET UP 'STATIONS'
OF DIFFERENT
EXERCISES:



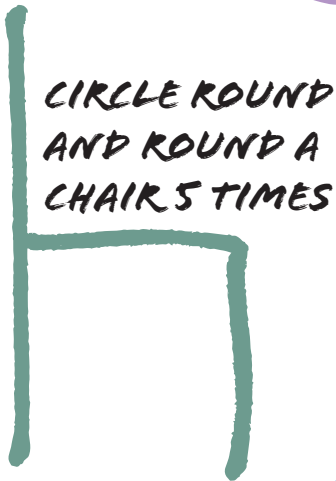
10
BURPEES



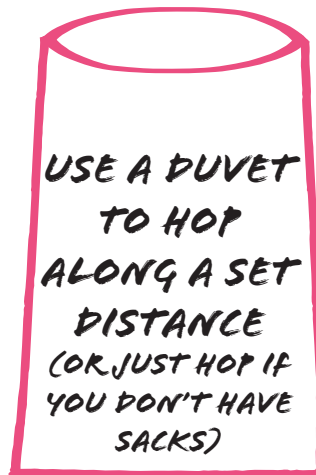
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PRESS UPS



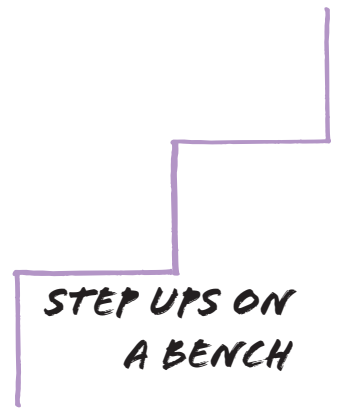
15
STAR
JUMPS



CIRCLE ROUND
AND ROUND A
CHAIR 5 TIMES

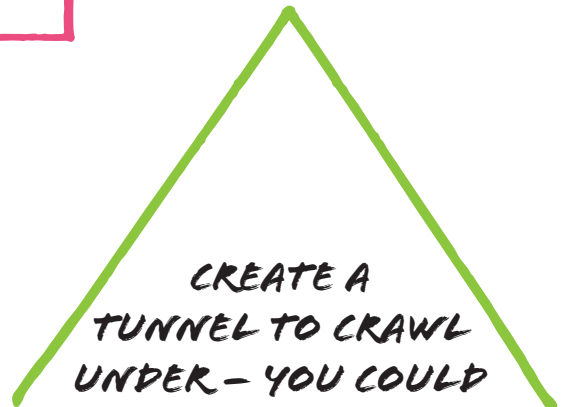
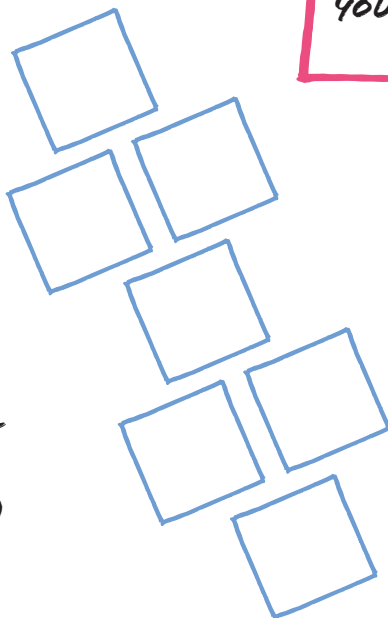


USE A DUVET
TO HOP
ALONG A SET
DISTANCE
(OR JUST HOP IF
YOU DON'T HAVE
SACKS)



STEP UPS ON
A BENCH

CREATE A HOP
SCOTCH GRID
WITH CHALK
(OUTSIDE) OR
MASKING
TAPE (INSIDE)



CREATE A
TUNNEL TO CRAWL
UNDER - YOU COULD
USE A BIG BOX OR TWO
CHAIRS AND A COAT



GET YOUR FAMILY MOVING!

THE GREAT GET MOVING COUNTDOWN!

Try this fun fitness countdown from **20**. You don't have to do it all on the same day!

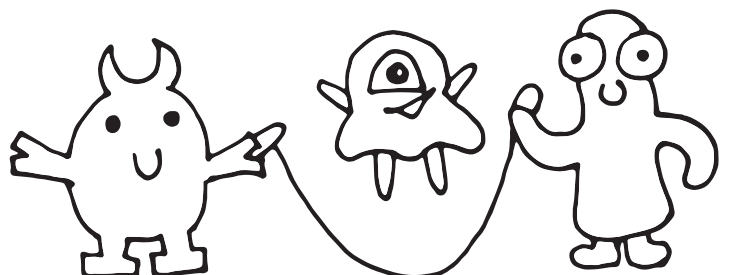
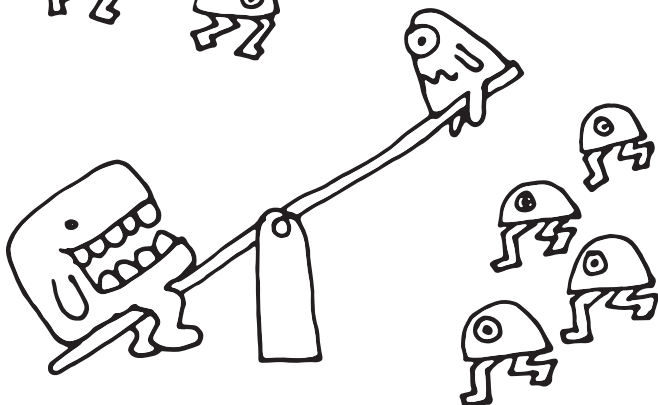
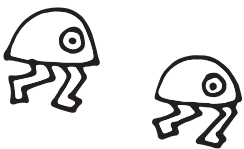
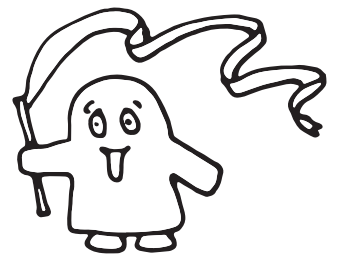
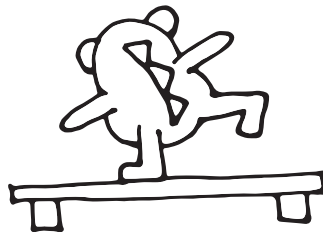
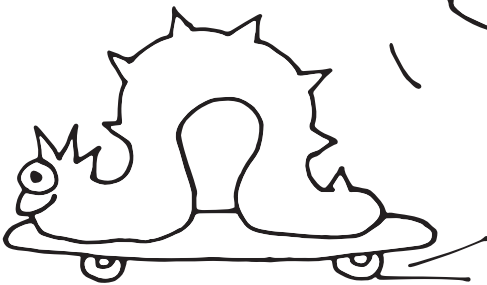
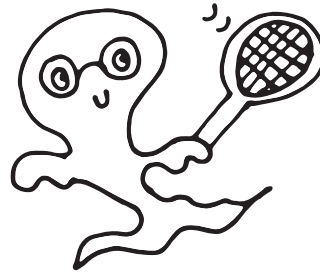
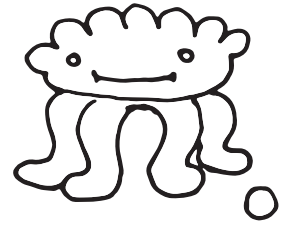
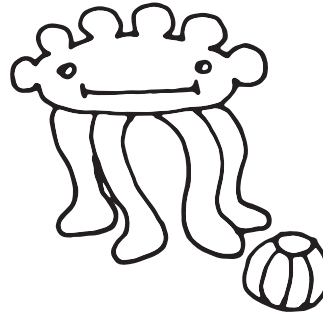
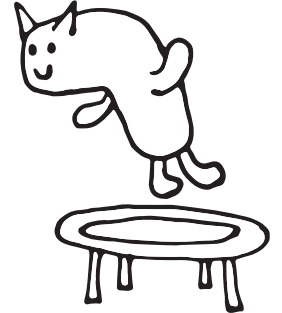
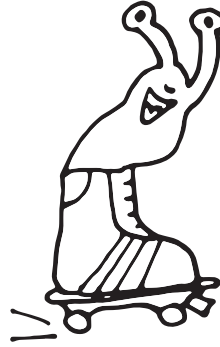
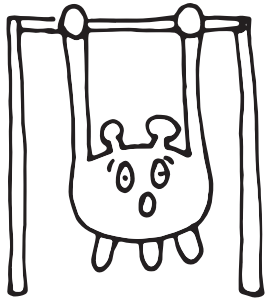
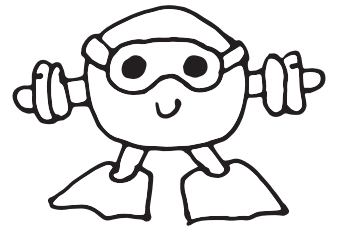
- Skip for **20** seconds
- Do **19** hops
- Walk or wheel for **18** minutes
- Do **17** minutes of circuit training
- Hold the plank for **16** seconds
- Score as many goals against your grown up as you can in **15** minutes
- Do **14** star jumps
- Do **13** sit-ups
- Jump **12** times on a trampoline or on the floor
- Play catch in a circle for **11** minutes
- Bounce a ball on the ground for **10** times
- Walk, run or wheel **9** laps of your garden or local play area' - or something better you can think of!
- Do **8** burpees
- Do **7** different stretches
- Roll your shoulders **6** times forwards and **6** times backwards
- Stand on one leg then the other for **5** seconds each
- Bounce a ball on a tennis racket **4** times
- Dance to **3** different songs; vote for your favourite
- Jog on the spot for **2** minutes
- Give yourself **1** big pat on the back!



GET YOUR FAMILY MOVING!

COLOURING IN

Have a go at colouring in these cheeky monsters who are all joining in the 'get moving' challenge.



GET YOUR FAMILY MOVING

FITNESS WORDSEARCH

Find all ten action words below in the letter grid. The words are all forwards and are either vertical or horizontal. Can you find any other random words in there too? (You can find the solution on the back page.)

- STRETCHING
- FOOTBALL
- WALK
- RUN
- TABLETENNIS
- DANCE
- JUMP
- ROUNDERS
- CLIMBING
- HOPSCOTCH



| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| J | T | A | B | L | E | T | E | N | N | I | S |
| G | H | K | I | M | C | N | L | F | W | Q | U |
| I | S | Y | H | O | P | S | C | O | T | C | H |
| Y | T | R | W | E | I | O | H | O | J | L | M |
| H | R | T | S | R | T | Y | Q | T | E | I | W |
| O | E | J | D | O | R | E | S | B | K | M | D |
| H | T | K | R | U | N | D | D | A | L | B | J |
| F | C | M | F | N | W | N | T | L | S | I | K |
| D | H | H | H | D | F | M | H | L | V | N | R |
| X | I | Q | L | E | K | J | U | M | P | Q | L |
| Z | N | U | L | R | L | O | I | R | T | T | O |
| A | Q | I | T | S | N | L | D | A | N | C | E |
| E | O | W | A | L | K | U | O | W | S | Q | O |

Wordsearch solution:

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| J | T | A | B | L | E | T | E | N | N | I | S |
| G | H | K | I | M | C | N | L | F | W | Q | U |
| I | S | Y | H | O | P | S | C | O | T | C | H |
| Y | T | R | W | E | I | O | H | O | J | L | M |
| H | R | T | S | R | T | Y | Q | T | E | I | W |
| O | E | J | D | O | R | E | S | B | K | M | D |
| H | T | K | R | U | N | D | D | A | L | B | J |
| F | C | M | F | N | W | N | T | L | S | I | K |
| D | H | H | H | D | F | M | H | L | V | N | R |
| X | I | Q | L | E | K | J | U | M | P | Q | L |
| Z | N | U | L | R | L | O | I | R | T | T | O |
| A | Q | I | T | S | N | L | D | A | N | C | E |
| E | O | W | A | L | K | U | O | W | S | Q | O |



THANK YOU FOR TAKING PART TO GET YOUR FAMILY MOVING

We hope you have enjoyed getting active and we have helped make some positive changes to your mental wellbeing.

The Charlie Waller Trust was set up by the Waller family in 1997 to remember Charlie. We now work with thousands of parents, carers and teachers to help children and young people look after their mental health. Learn more about us at charliewaller.org

GET IN TOUCH

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FIND OUT MORE

charliewaller.org

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SUPPORTING US

Please consider donating to help us continue our work.



Online
Visit charliewaller.org/donate



Text
To donate £10 Text 'CWT' to 70085
This costs £10 plus the cost of a standard rate message

The Charlie Waller Trust

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