

- **Resilience** – being able to cope, or find help, when things get tough.
- **Wellbeing** – feeling ok, healthy, and safe, or doing well and feeling good.

For this theme, **movement** means moving your body and being more active in your everyday life. This can also be called 'physical activity'.

Resilience and Wellbeing!

Being active doesn't just mean doing sports, being active is movement and everyday movement can look like many things....

- It could be doing more of a sport that you enjoy.
- It could be joining a physical activity club inside or outside of school to try something new.
- It could be putting on your favourite song and dancing by yourself, or with your friends (make up a dance routine!).
- It could be going for a walk or run. This way you can also get outside and get some daylight!
- Everybody has different abilities, so move your body in a way that works for you. There is no right or wrong way to your body, if you are safe and enjoying yourself.
- Have a think about how you like to be active or how you would like to be active in the future...

Why is movement so important?

If we introduce more movement into our everyday lives, this can have a positive effect on our wellbeing. This is because movement can help our mind and body in the following ways...

- To think more clearly
- To feel better about ourselves and others
- To sleep better at night
- To have more energy during the day
- To connect with others

The Science

Moving your body more can release chemicals in your body, such as endorphins and dopamine.

Endorphines

Make us feel good and less stressed

Dopamine

Helps to motivate us and raise our energy.

Exercise Snacks

'Exercise snacks' are a brilliant way to move your body more throughout the day. This can help your mind and body.

- These are small bursts of movement. These can be very small and simple and only have to last for a few minutes.
- This can be star jumps, running on the spot, skipping, high knees, moving your arms in circles, kicking your legs, or anything that feels good for you! You can do any movement that you enjoy, and it can be different each time.
- This movement before and after a meal can positively impact the way your body stores the food that you have eaten, in particular sugar.
- When you eat, your body turns the sugar from your food into glucose which is then stored inside your body and used for energy. If you move your body soon after you eat, then this glucose can be used on your muscles. This can help you to control the blood sugar levels in your body.
- But it is important to remember that exercise snacks are not a substitute for other methods of controlling blood sugar levels.

The Wellbeing Tools

A very important part of the research for the Resilience Rucksack project was our co-production workshops with young people. In these workshops, our research team, professional artists, and young people all worked together to design our 'Wellbeing Tools' for the Resilience Rucksack. For this theme, **'Movement'**, we talked about the benefits of movement for our wellbeing and learned about how 'exercise snacks' can help our body throughout the day. The young people in our workshops advised us on how to engage young people in the importance of movement for our wellbeing. They identified key items which can be found in the 'Sport in Mind Journal Kit' – our chosen wellbeing tool for the movement theme.

The Sport in Mind Journal Kit

This is a simple and creative way to help motivate your movement and to help you keep track of your movement. The journal can help you track your thoughts, feelings, and helps us to understand ourselves better. Each journal comes with all the equipment you will need to get started and make your way through the journal at your own pace.

This kit includes:

- A vibrant interactive journal for completing a range of physical activities,
- Tick sheets to keep track of goals and achievements
- Self-evaluation, to help you to reflect on your activities
- Achievable targets that you can be proud of
- Colouring to make this journal your own
- A pedometer to help you to measure your distance
- Information on staying healthy for your mind and body.

Remember....

- Everybody is different and finding what movement works for you is very individual, just chose what works for you.
- Movement is not a miracle cure, but it can have a positive impact on your wellbeing.
- If you don't notice a difference straight away just keep trying until it becomes a habit, like brushing teeth.
- Try not to move your body too much within 2 hrs before going to bed as we need to help our body wind down before going to sleep.
- If you are not used to exercising, don't worry – just moving a little more each day can help. Every little counts!



Click here to find out more about our movement theme and the Sport in Mind Journal Kit!



To find out more about our Resilience Rucksack Project and all the wellbeing tools, visit our website: click here!