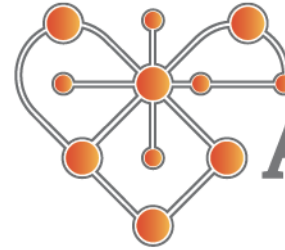


imoves



ActiveLab

Winner 2017



1000's of children active
every day through
technology

Creating happier healthier children, who are
all-round stronger learners

imoves



Upskilled confident

workforce...



...can facilitate active lessons from PE to Science



Teacher

PE Lead



TA

Break supervisor



My Intention for today

01

What is
mindfulness and
mental wellness?

02

Practical ideas for
you to take away

03

How to access free
resources from
imoves

The logo for 'imoves' features a lowercase 'i' in blue, followed by 'moves' in a gradient of pink to red. The 'i' has a solid blue dot above it.

What is
Mindfulness?

What is
Mental Wellness?

What is Mindfulness?

The basic human ability to be **FULLY PRESENT** aware of **WHERE** we are and **WHAT** we are doing, and not overly reactive or **OVERWHELMED** by the world around us.

Confidence

Calming Anxiety

Relationships

Resilience

What is Mental Wellness?

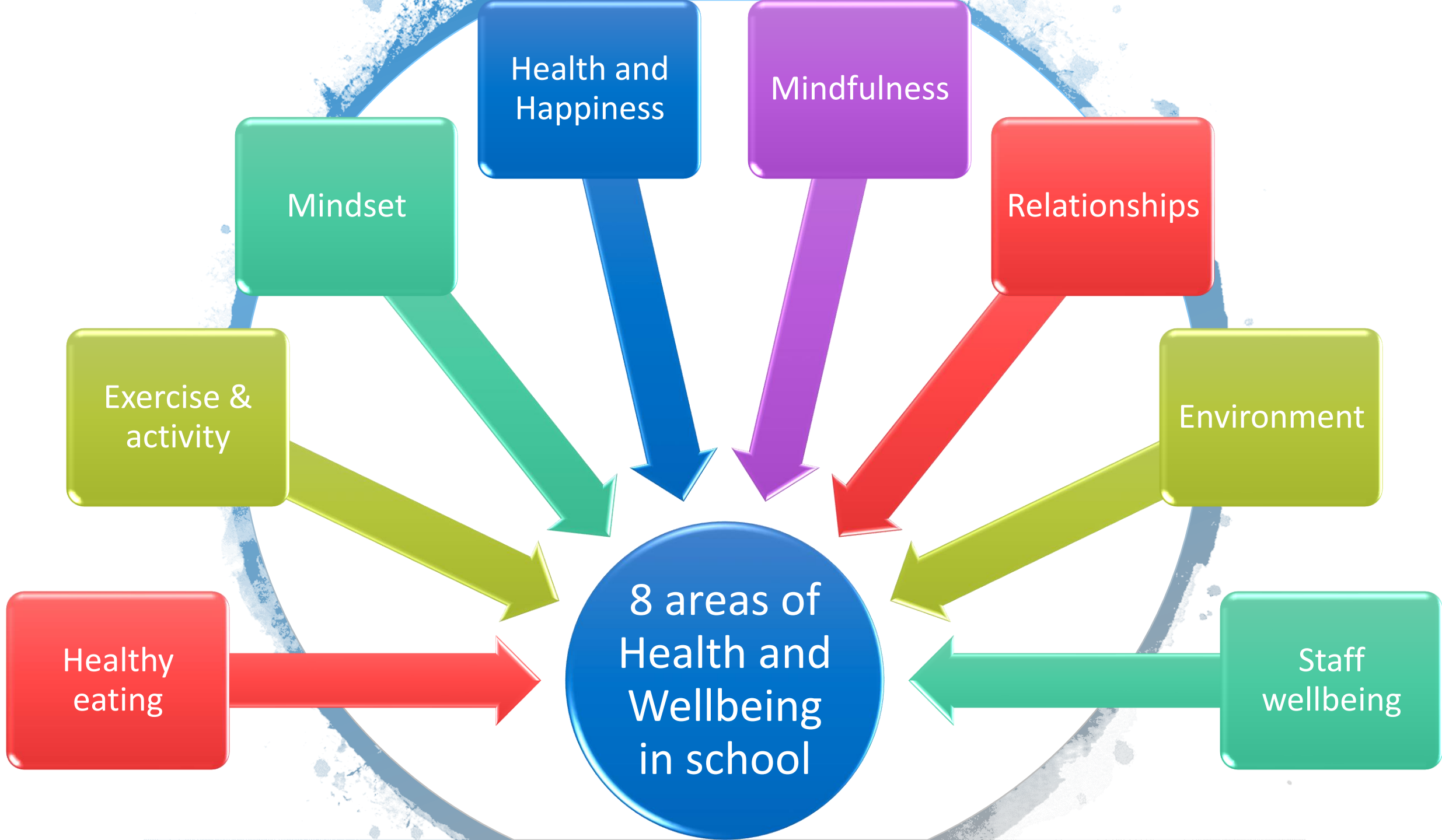
A state of well-being where we can **COPE** with the normal stresses of life and can work **PRODUCTIVELY** and fruitfully.

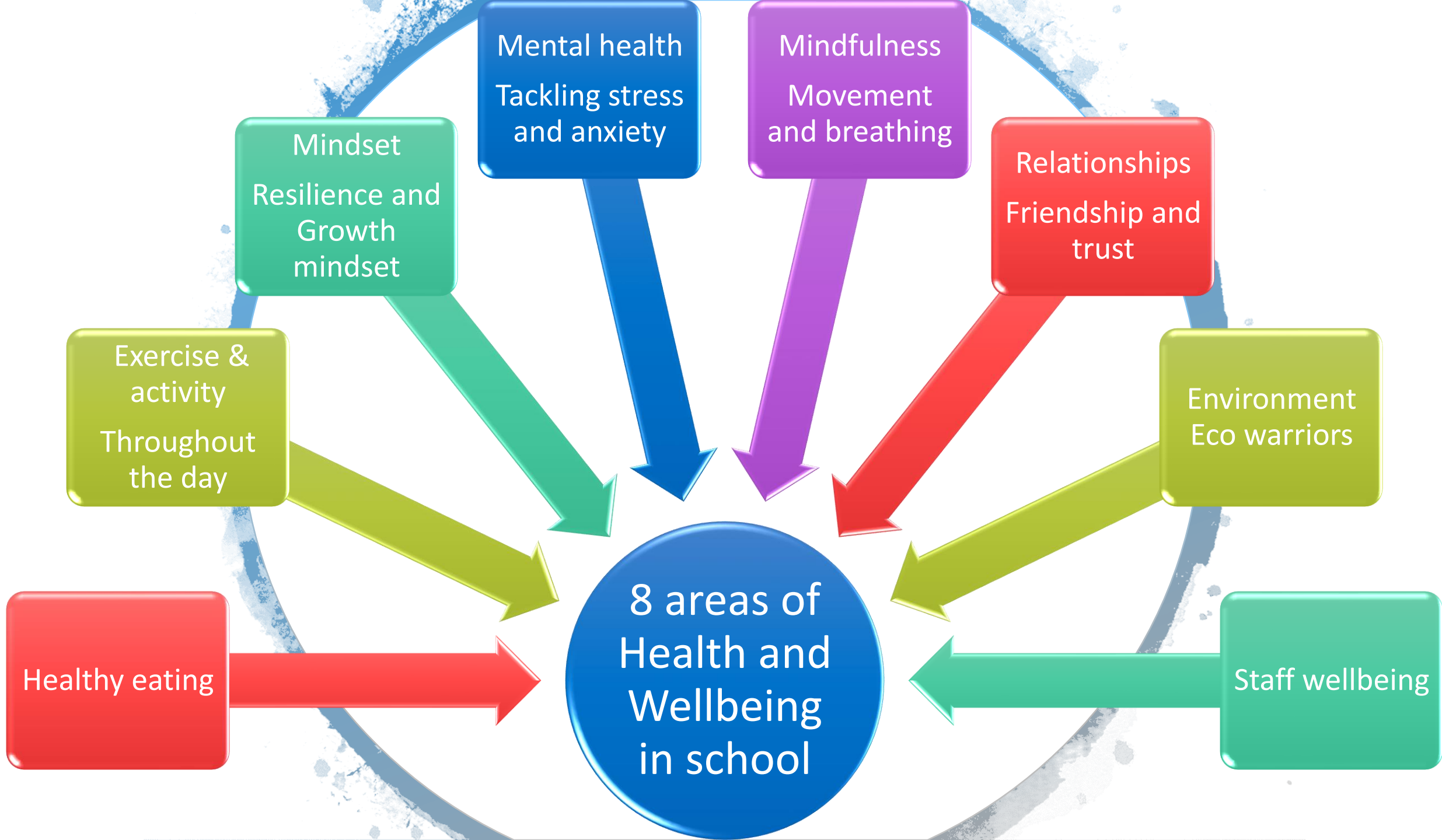
Mindset

Nutrition

Activity

Happiness

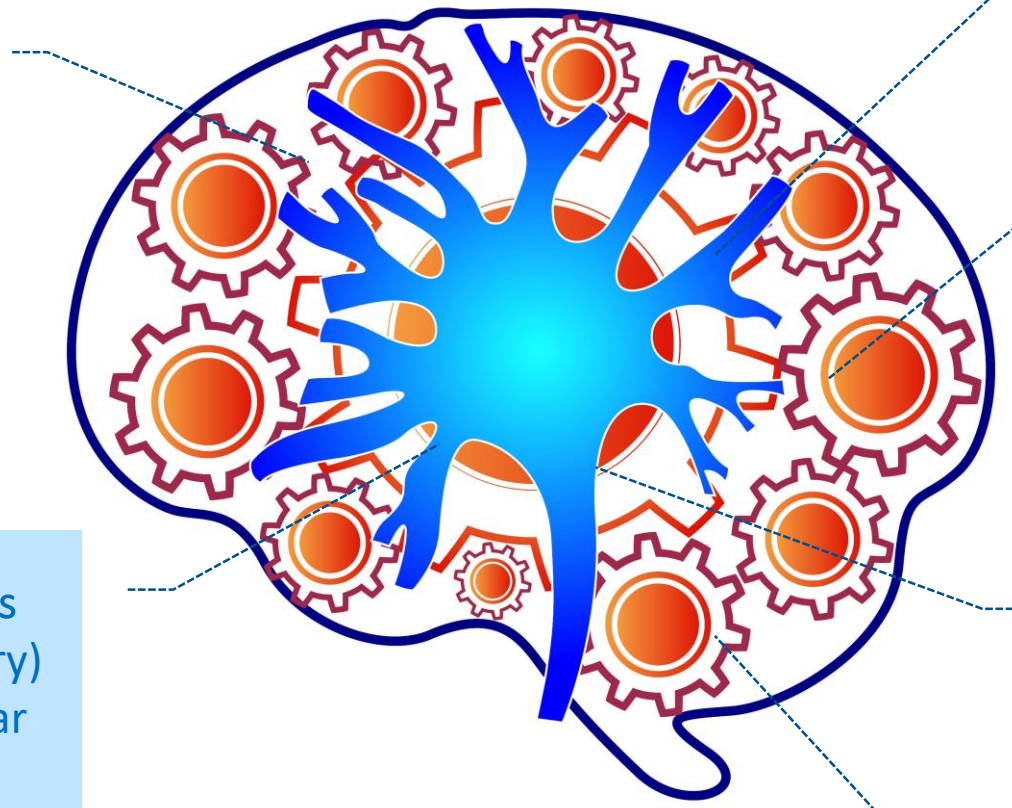




When You Exercise...

↑
BDNF
Grows cells
Improves mood and mental clarity

↑
The Hippocampus
(learning / memory) grows with regular exercise



↑
Serotonin
enhances mood

Blood flow
↑
Oxygen
Nutrients
↓
Toxins

↑
Dopamine
Focus
Motivation
Learning

↑
Noradrenaline
Attention
Perception
Motivation

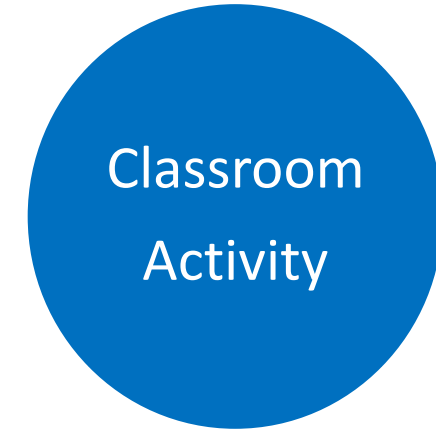


“Exercise elevates Miracle-Gro (BDNF) throughout the brain!”

Spark: The Revolutionary New Science of Exercise and the Brain
by Ratey, John J. (2013)

Stress and Anxiety

Breathing Techniques and Managing Emotions



The Grumpy Jar



To deliver this you will need a Jar, some glitter and a jug of water.

Grumpy Jar Part 1, 2 and 3

Includes 3 different ideas for breathing techniques



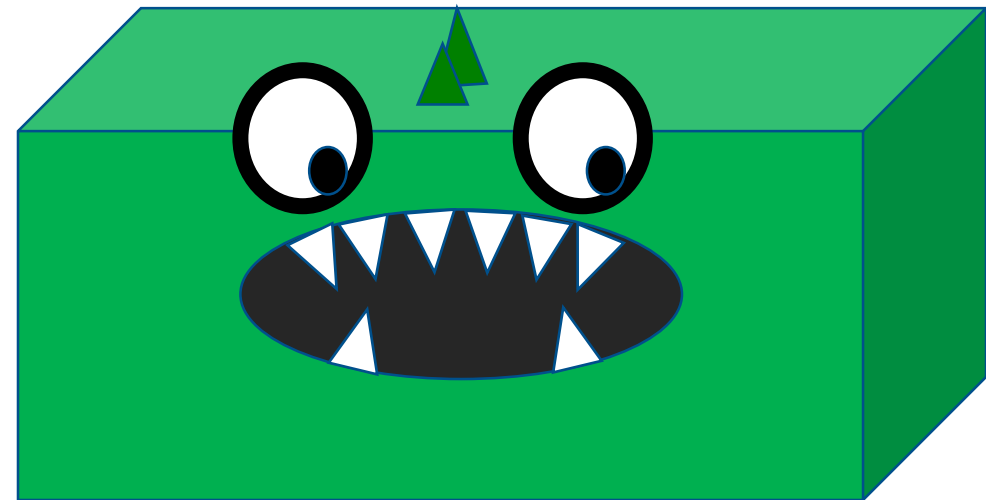
Benefits of this activity:

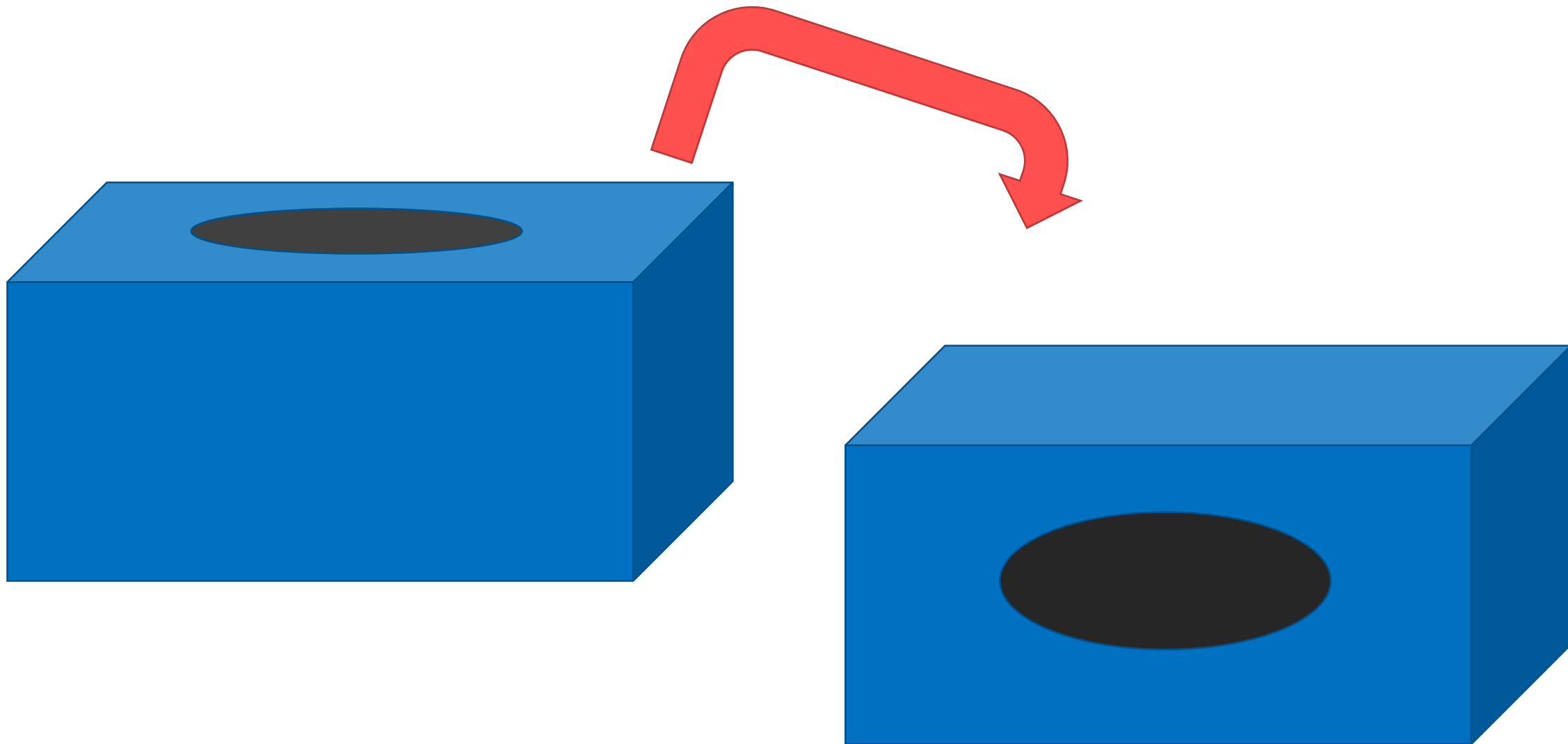
- Gives the children the opportunity to have some time out
- Opportunity to express feelings
- Physical representation of their feelings to help mood management in future

THE WORRY MONSTER

Feed your worries to the worry monster and let him gobble them up!

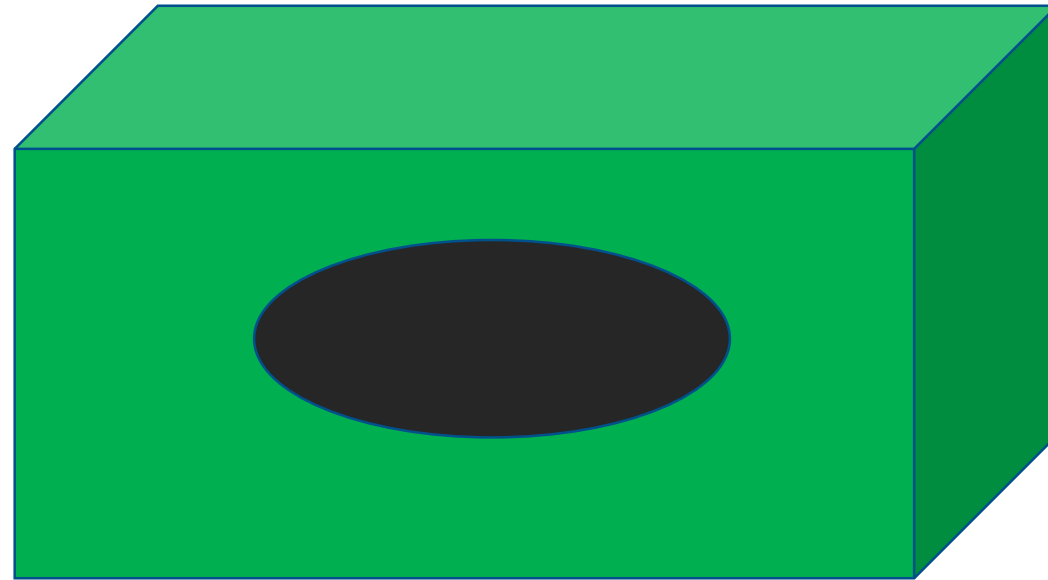
Here's how to make a worry monster for your class.



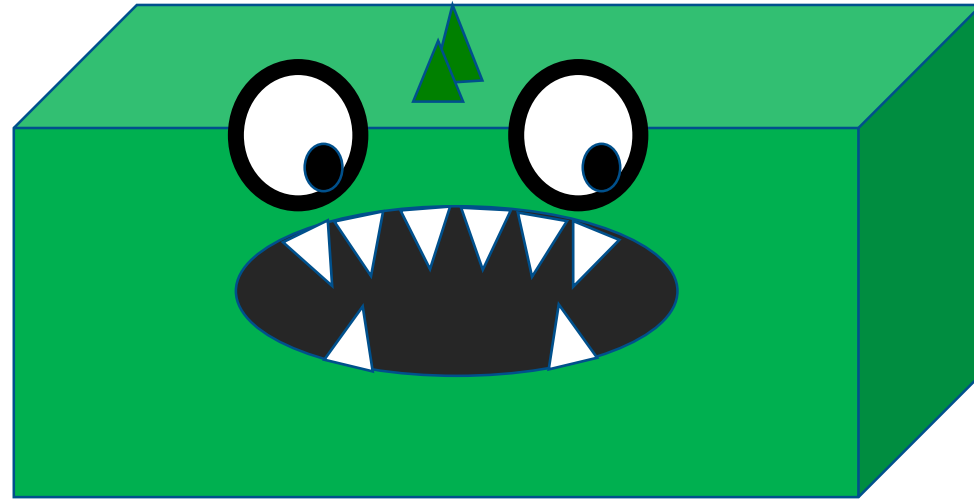


Get an empty tissue box, turned on it's side.

Decorate it however you want.

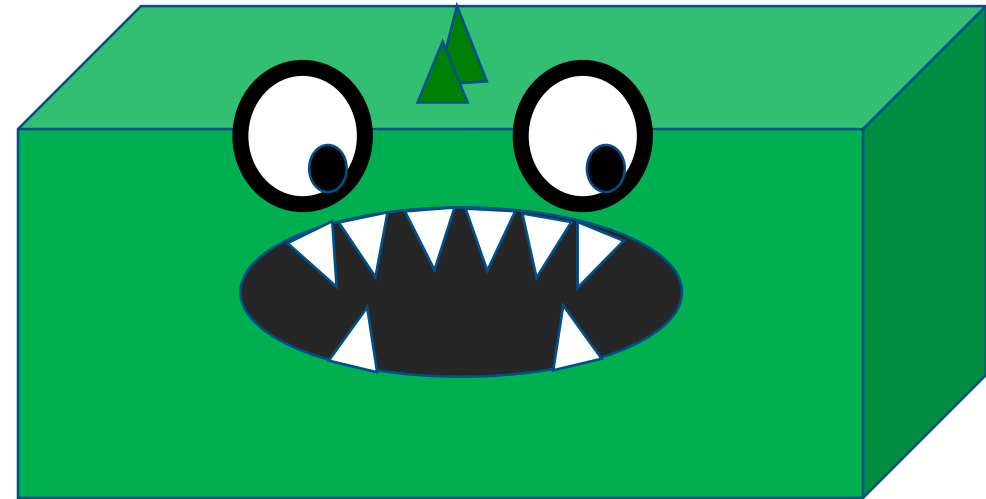


Add eyes and teeth, maybe even some spikes!





- Anytime you have a worry, you can write it down on a piece of paper
- You don't have to put it in an envelope if you don't have one.



Post your worry into the worry monster and let him gobble it up!

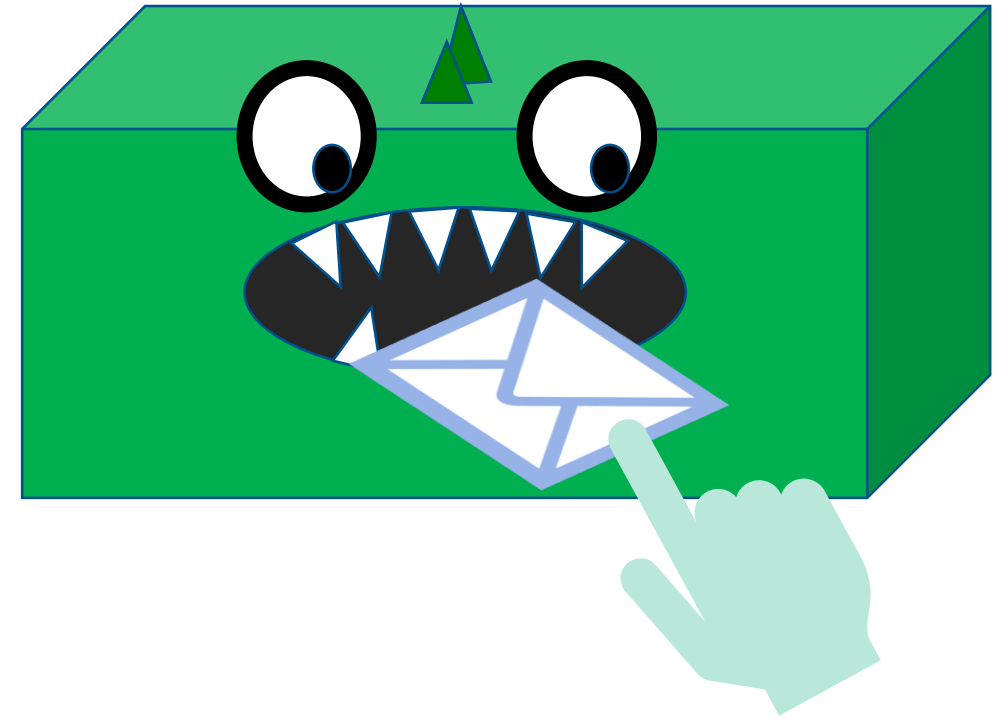
You can say this poem as you put the worry in:

“...Worry Monster please eat my worry

Gobble it up quick I’m in a hurry

Chew it up and take it away

So I can be happy for the rest of the day”



Growth Mindset

Classroom
Activity

Building Confidence Visualisation Technique



Years 5 & 6

Confidence

Special Room - Making Changes

Group Task

- **Create a base line of a story that could be used to help children feel more confident**
- **KS1 or KS2**
- **Give examples of the types of visuals you could use along the journey**



Guided Meditation Audio Programme

Y1 and 2

Y3 and 4

Y5 and 6

Resilience

Confidence

Anxiety

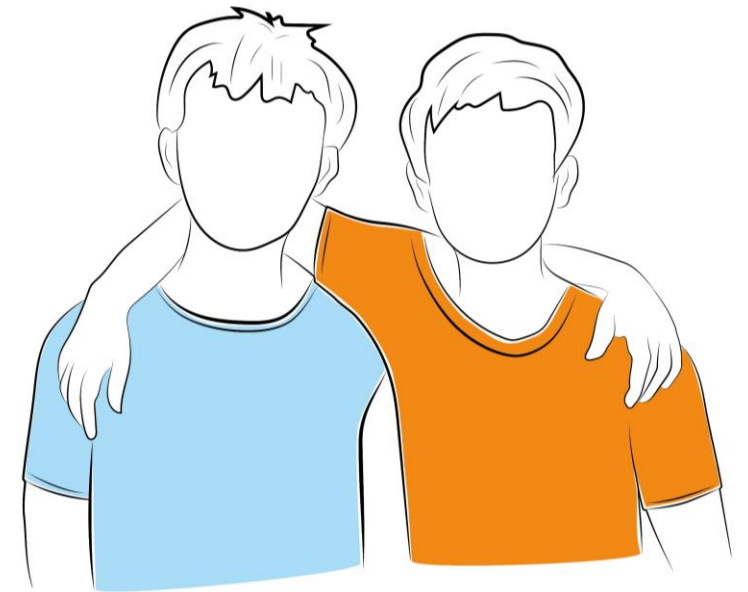
Friendship

Visualisation techniques to help children to manage their own thoughts and feelings

Relationships



Relationships and Trust via Gymnastics



**This activity is
in your packs
as a free
resource**



Pairs Activity: Trust

Step 1:

With a partner create 2 counter balances that relay on TRUST

Key words:

- Trust
- Counter Balance



Group Activity: Communication

Step 2:

3 group balances created from the ideas inspired from pairs activity

Key words:

Positive Communication



Group Activity: Communication

Step 3: Link your movements

- Balance 1
- Transition = Turning
- Balance 2
- Transition = Traveling
- Balance 3
- Transition = Jumps or Leaps
- Balance 1



Relationships and Friendship

Relationships

Literacy



To Rap or Not to Rap

1. Use the simple poem on the next slide (By Imogen Buxton-Pickles)
2. Create a rap style performance with movements and actions
3. Use our beat to work with



Friend



As I grow up, I look around,
For someone who shares my common ground,
We share our thoughts, and other stuff,
A shoulder to lean on,
When life get's tough,
I've got your back,
And you have mine,
Our friendship will stand the test of time!





Let's take a
break



Mood Management

Mindfulness

Lifting Mood with

Movement and Breathing



MINDFULNESS





Your turn!

Active Blast:

Wellness Wednesday

Chair based Pilates and Stretch



Benefits of this activity:

- Improved and refreshed pathways between brain and body
- Calmer and more focused
- Relaxation of tense muscles

Resilience



Understanding Emotions and Resilience via Dance



6 principles of dance

1 Travelling

2 Turning or rotating

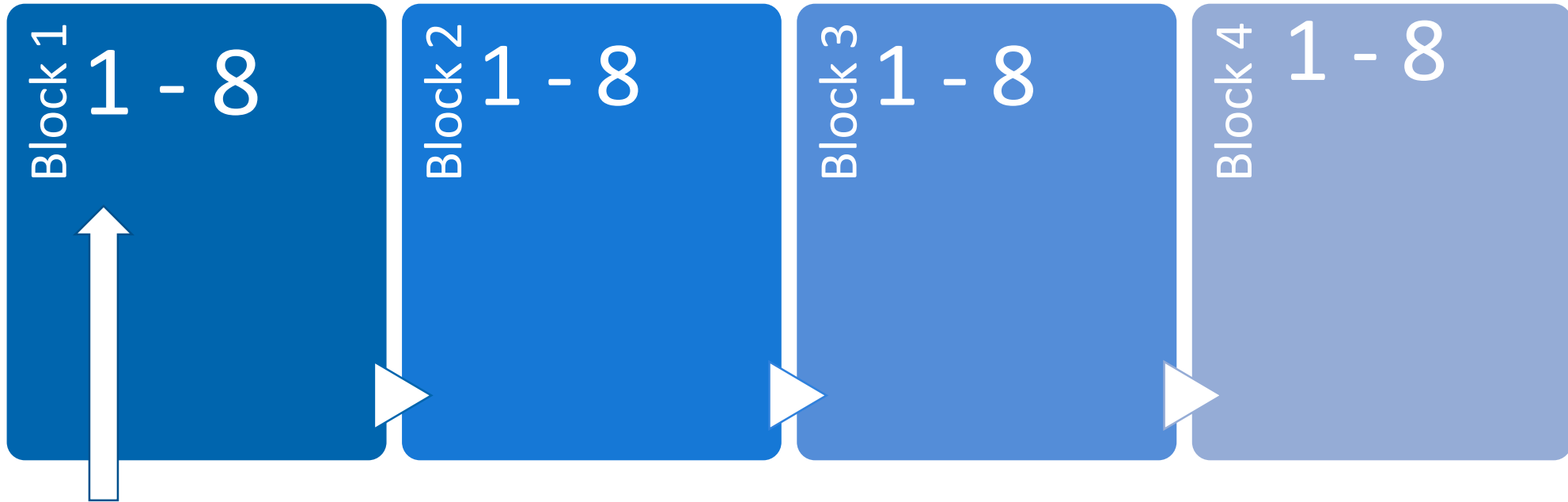
3 Jumping or leaping

4 Balance and stillness

5 Using levels/different planes

6 Gesture = Telling the story

32 count music structure



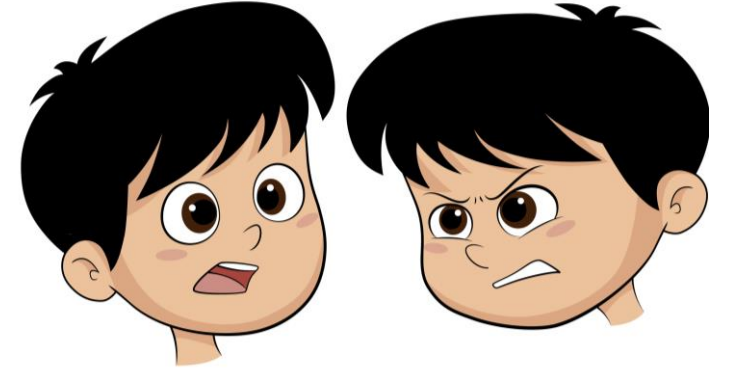
The BIG ONE



DANCE: Emotional Wellness and Resilience

Creative Task:

1. Create a dance relating to *Emotion and Mood*
OR a *Stressful Event*

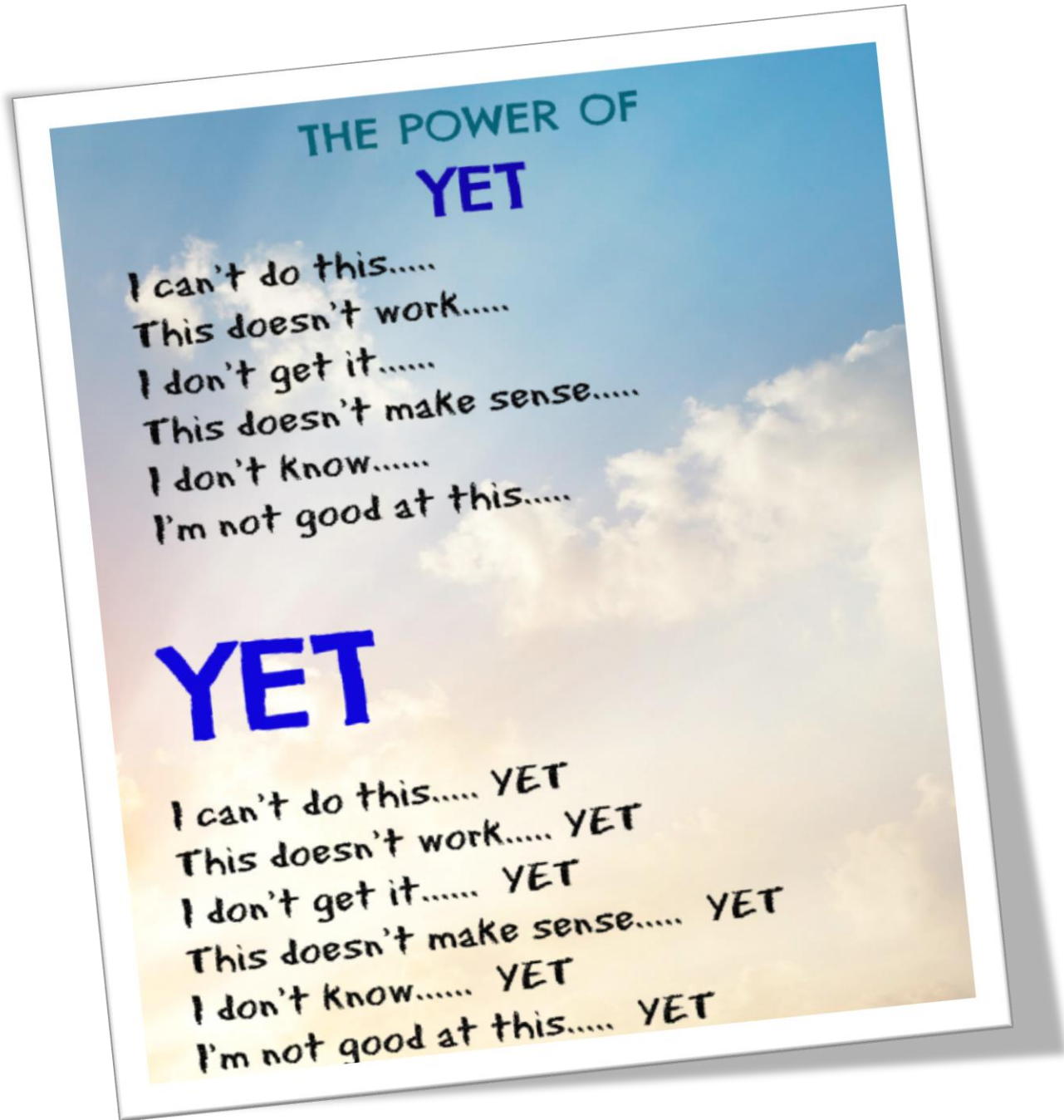


2. Using the principles of dance to create **themed moves to tell a story**

Principles = Travel, Jump, Turn, Balance and Levels

3. Moves should work with the beat in blocks of **32 , 16 or 8 counts**





Growth Mindset



The Power of Yet

Wellness
Warriors

Mindset
The Power of
YET!

imoves

Environment

Active
Blast



Always pick up your litter!



Be a litter slayer!

Wellness
Warriors

Let's learn about
Healthy Fruit,
follow along with us...

imoves



Creative task:

1. Choose a theme focused around ***what is...***

- ***a Healthy Environment***

OR

- ***Good Health***

2. Create a fun game or concept (active if possible) to engage children about your chosen topic.



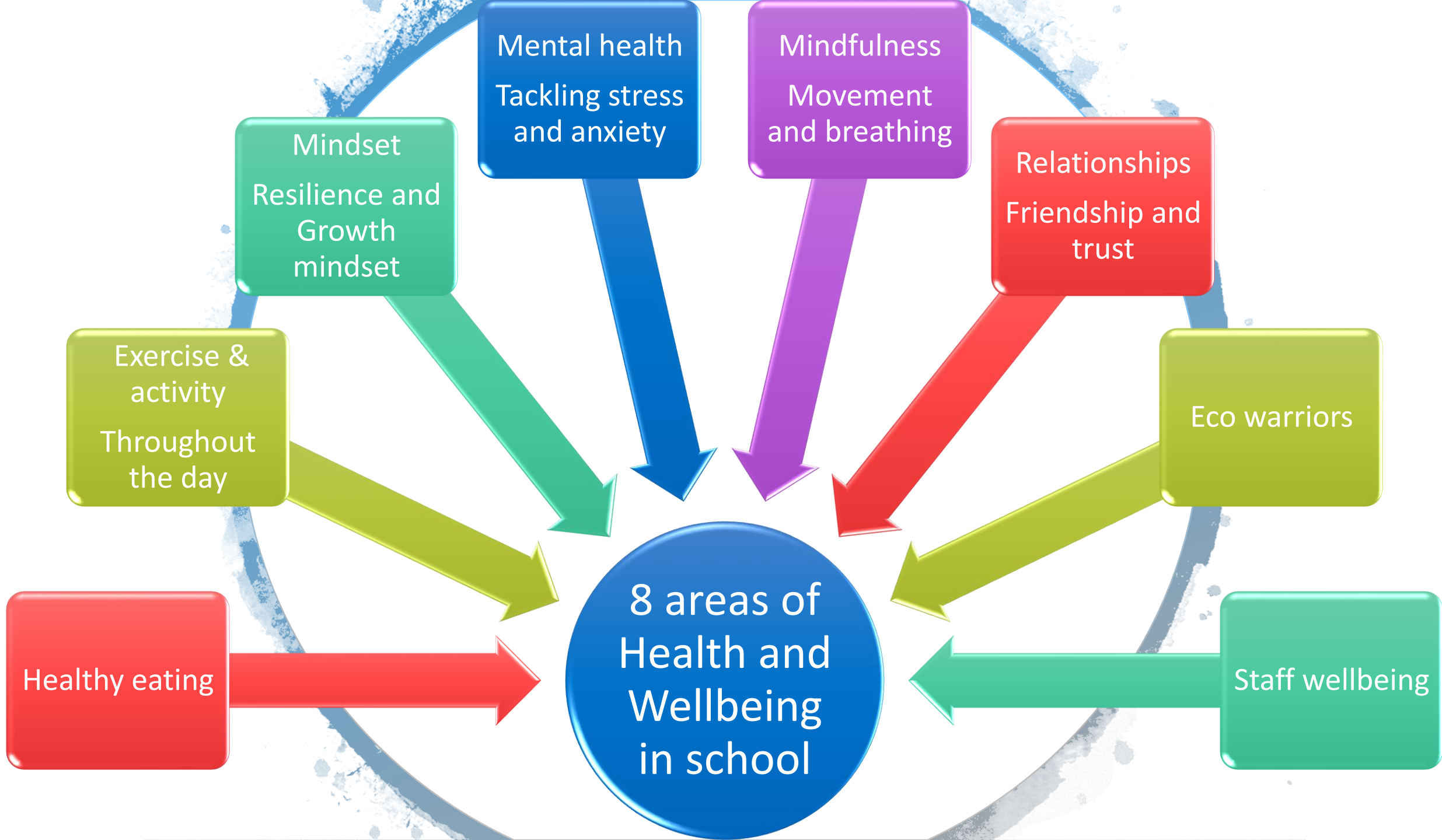
Calming
Breathing
Activities

Energy
Boosters

Worry
Box

Nutrition
Support

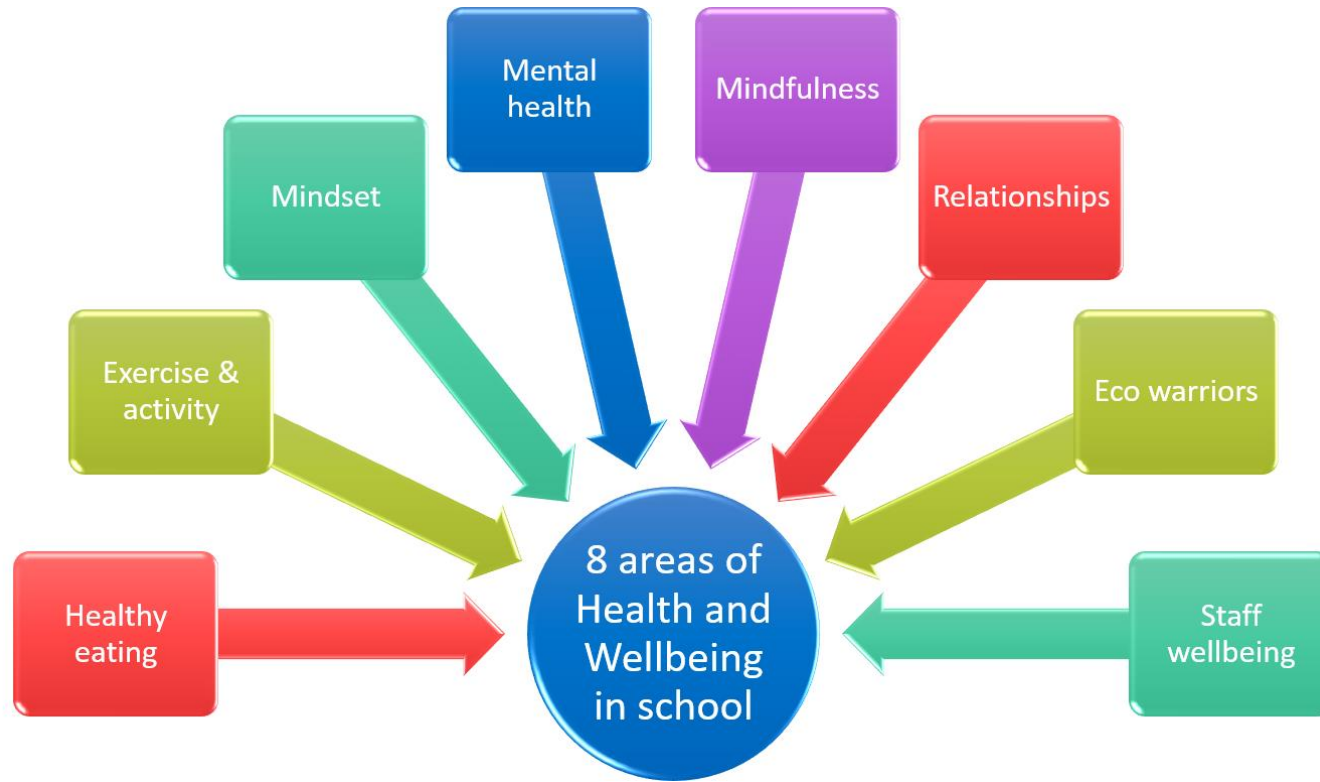
Staff Wellbeing Tools





Health and Wellbeing Package

Includes SAT's prep!




May 2019


Imoves Active Learning Evaluation

Sheffield Hallam University Sept 2018


Reduces Sedentary
Behaviour by 13
minutes in every
hour!



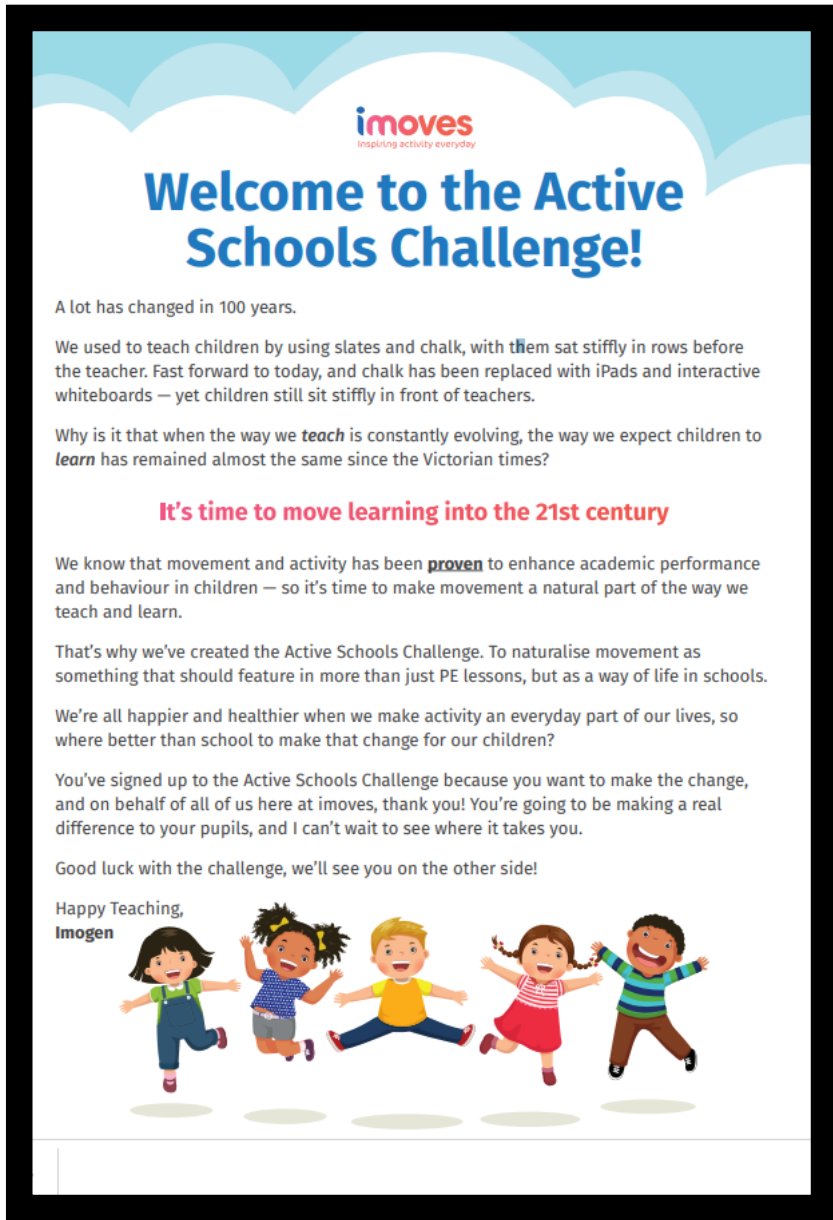
Increase
Mod to Vigorous
by 5 minutes in Literacy
and Maths



Improved Mood &
Behaviour
in children who
participated



imoves



imoves
inspiring activity everyday

Welcome to the Active Schools Challenge!

A lot has changed in 100 years.

We used to teach children by using slates and chalk, with them sat stiffly in rows before the teacher. Fast forward to today, and chalk has been replaced with iPads and interactive whiteboards — yet children still sit stiffly in front of teachers.

Why is it that when the way we **teach** is constantly evolving, the way we expect children to **learn** has remained almost the same since the Victorian times?

It's time to move learning into the 21st century

We know that movement and activity has been **proven** to enhance academic performance and behaviour in children — so it's time to make movement a natural part of the way we teach and learn.


That's why we've created the Active Schools Challenge. To naturalise movement as something that should feature in more than just PE lessons, but as a way of life in schools.

We're all happier and healthier when we make activity an everyday part of our lives, so where better than school to make that change for our children?

You've signed up to the Active Schools Challenge because you want to make the change, and on behalf of all of us here at imoves, thank you! You're going to be making a real difference to your pupils, and I can't wait to see where it takes you.

Good luck with the challenge, we'll see you on the other side!

Happy Teaching,
Imogen

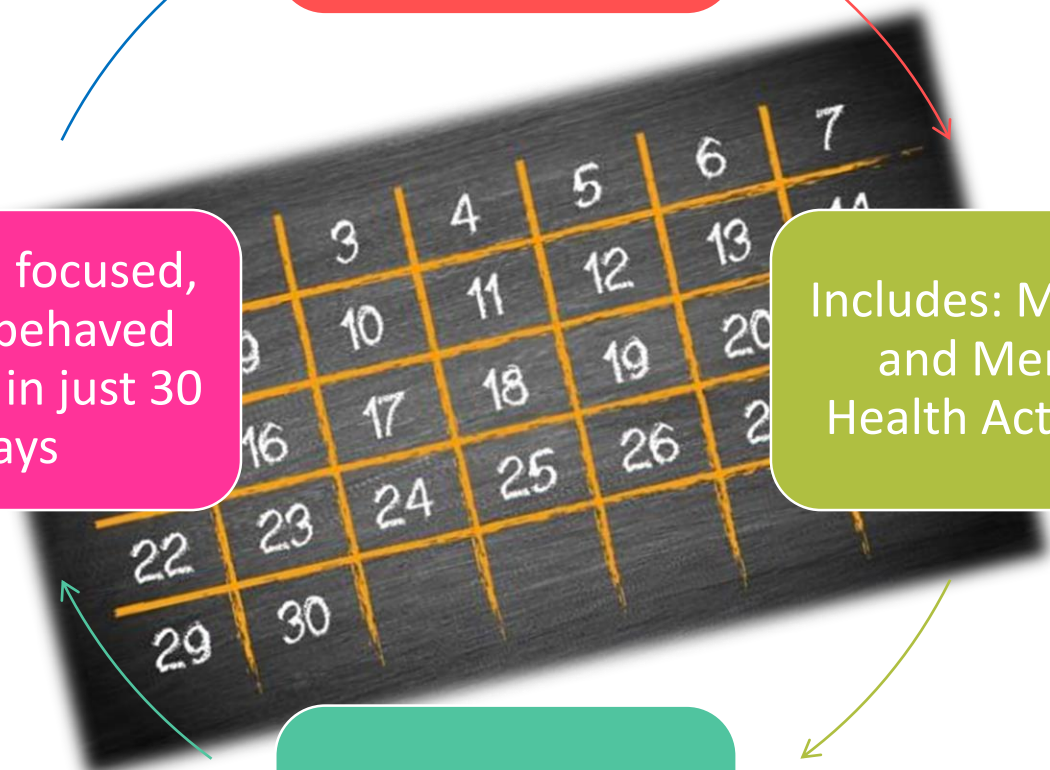


Access 30 day
Active Challenge
resources and
poster

Happier, focused,
better behaved
children in just 30
days

Includes: Mindset
and Mental
Health Activities

Support in
normalising
activity



30 day challenge resources

Mental Health and Wellbeing

Healthy Eating (Quick blast)
Exercise & Activity (Wellness Warrior)
Mindset (Power of YET!)
Mental Health (Grumpy Jar)
Mindfulness (Guided Meditation)
Relationships (Rap)
Environment (Active Blast)
Staff wellbeing

Maths

- Number and Placement
- Add, Subtract, Multiply and Divide
- Fractions Measurement
- Statistics & Geometry

Literacy

- Reading
- Spelling
- Poems
- Punctuation

Active Blasts

150 interactive blasts from
2 – 12 minutes

PE

- Dance
- Gym
- Pilates
- Games

Science and Humanities

Interactive classroom and
hall based activities



Changing Course Takes Time



Choose Ambassadors



Trial over 30 days



Evaluate for SLT

24 / 7 / 30 Action plan



Action Plan

Stimulated

Emotionally Well

Academically Motivated

Socially Well

Fit and Healthy

Achieving Potential

Functionally Strong

imoves

24 Hours

Choose Ambassadors.
Declutter classroom.

7 Days

Log in to imoves –
Get moving, get mindful!

30 Days

Organise meeting with SLT.
Report your progress made in just
30 DAYS!

What have you
found most useful
about today's
workshop?

