

## Activity sheet

**Importance of a healthy routine****What is a healthy routine and why is it so important?**

Sometimes, especially now as we are doing lots of schoolwork at home, we get so busy that we forget to think about all the things that can help us stay happy and healthy. Now, more than ever, it's important that we all have healthy routines to help us get through the challenges we face with home-schooling and other changes in our lives due to COVID-19.

It can be easy to forget about the importance of making healthy choices and keeping fit during the day. But it's really important for your mental and physical wellbeing.

Having lots of energy from **eating well**, getting the right amount of **sleep** and staying **fit** are all key to staying calm under pressure and having a healthy mind and body. It's important to find the balance of looking after your mind and body with the rest of the demands of a school day. That means making sure you do things that make you happy and **feel good** too.



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**Food is fuel**

We all know that healthy food is important to keep our bodies healthy, but did you know that it is also important for our mental wellbeing?

Think about three types of food we eat during celebrations or on certain days of the year, or something you might eat when you need cheering up or when we get together with friends or family. *Party food can be delicious but too much can make us feel sick and unwell. It's important to eat these things in moderation.*

**Write your favourites here.**

If you are stuck, think about what you eat on celebration days like Christmas or Diwali. What do you like to eat when you are poorly or on your birthday?



"One of my favourite healthy meals is Veggie Fajitas."

Kevin De Bruyne  
Manchester City



**Did you know...** that healthy eating can help boost your memory, help you sleep well and can help prevent you becoming unwell?

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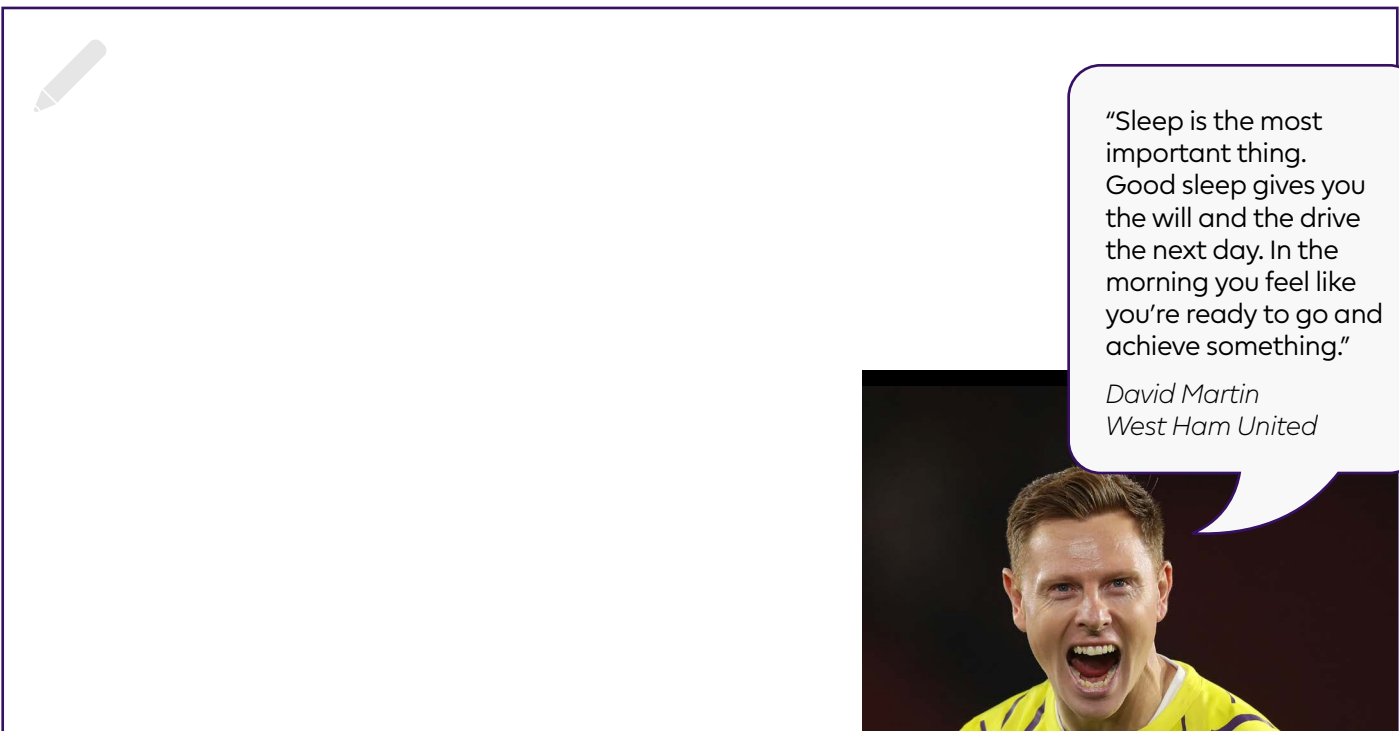


### Counting those zs

Sleep is really important for our mental and physical wellbeing. Not only do our bodies heal themselves, grow and rest while we sleep but not getting enough can make us grumpy and miserable.

### What three things could you do to help you sleep better?

If you are stuck, think about the environment of the room you are sleeping in, what you could eat or drink, or perhaps what **won't help you sleep!**



"Sleep is the most important thing. Good sleep gives you the will and the drive the next day. In the morning you feel like you're ready to go and achieve something."

David Martin  
West Ham United



**Did you know...** that your body releases a hormone called **melatonin** to encourage you to sleep? Light from screens prevents your body releasing it – that's why screen time before bed is so bad for you!



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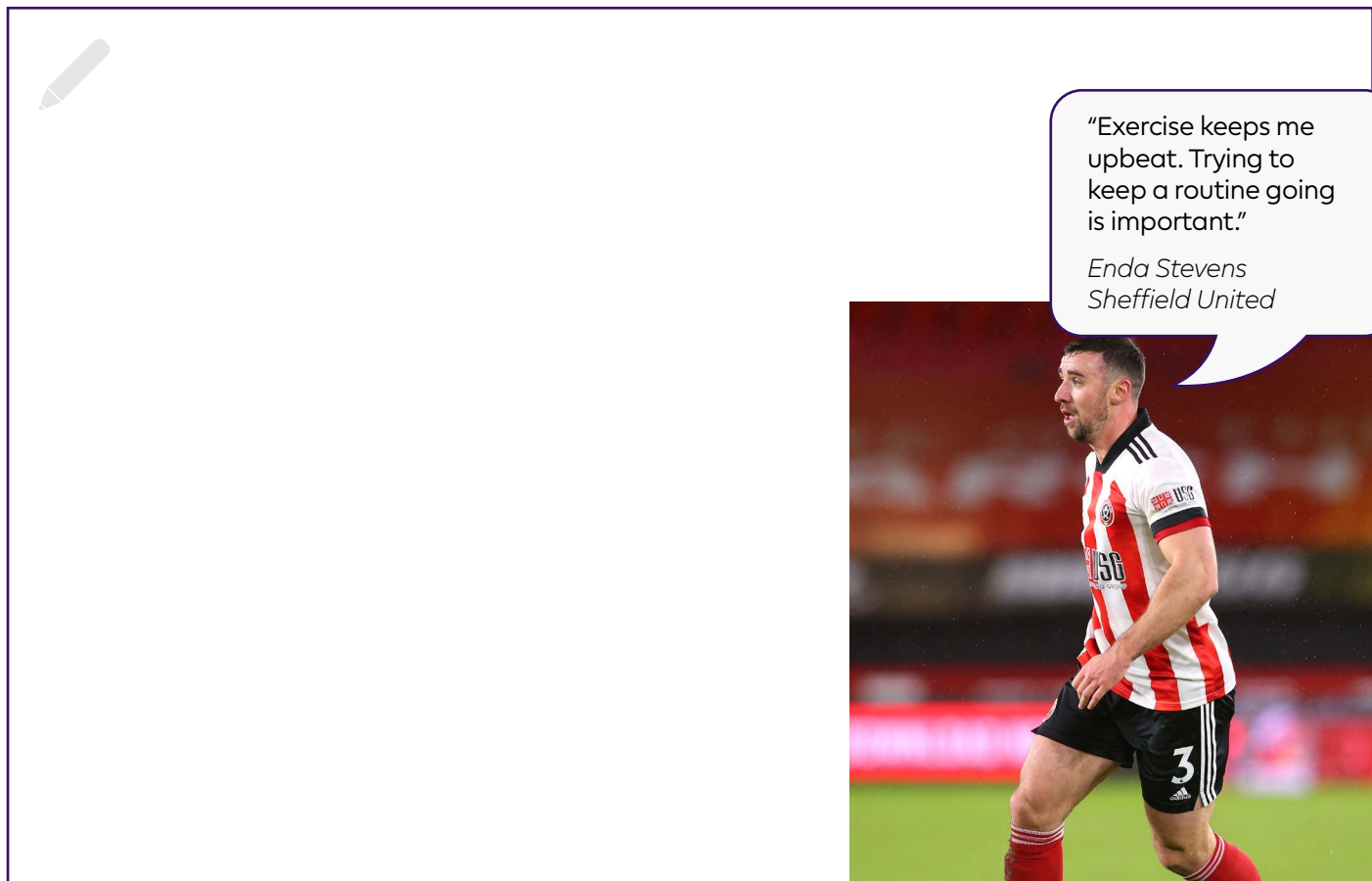
**Keep moving!**

Staying fit is key to helping us feel great. It might be hard to do PE with classmates at the moment, or to go to our usual clubs, but there are lots of easy activities to do at home to keep our minds and bodies active.

Exercise can combat stress, help us gain stamina and improve our moods and self-esteem.

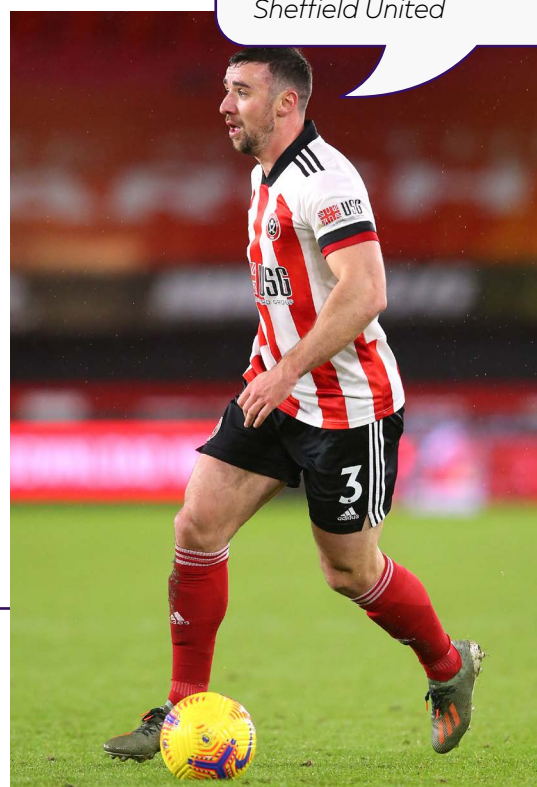
**What new activities could you try at home to keep you active?**

If you are stuck, think about something you have never tried before like yoga or Zumba. Think about challenges you could set yourself using things at or near home like the stairs, local park or garden.



"Exercise keeps me upbeat. Trying to keep a routine going is important."

Enda Stevens  
Sheffield United



**Did you know...** that when you exercise, your body produces some chemicals called **endorphins** that help boost your mood?

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### Self-care

Doing things to look after yourself is also really important for your mental and physical health. That means doing things you enjoy or that make you feel good.

It might be reading, chatting to a friend, making cookies, listening to music, or kicking a football around – it doesn't matter what it is as long as you make time for it.

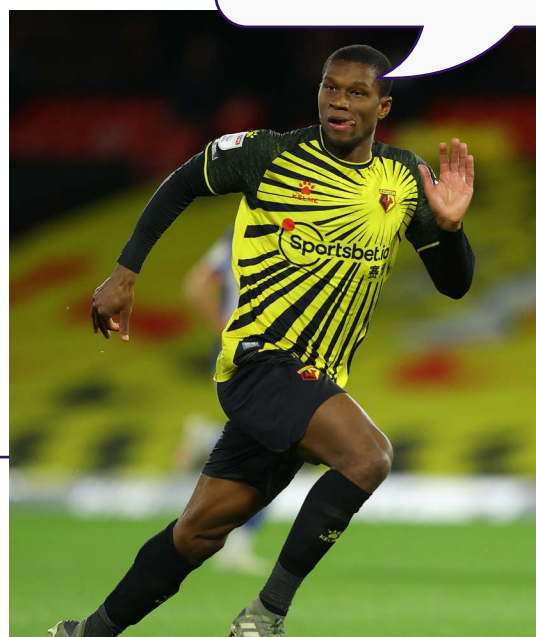
### What three things would you like to do more of to help with your own self-care?

If you are stuck, think about trying something new. What about some of your friends' hobbies? Maybe choose one of those to give a go!



"Now I'm cooking more than usual...and to be honest I'm quite good."

*Christian Kabasele  
Watford FC*



**Did you know...** that relaxing and doing something you enjoy helps reduce anxiety and puts you in a good mood?

Now you have explored some of the things that are important for a healthy routine, try the **My daily routine challenge** to see if you can build some of these ideas into your own daily routine.