

# Ways to move at school

Mental  
Health  
UK



**Being physically active is great for our bodies and our minds. Exercise has been proven to reduce anxiety and depression, and it can help us to prevent physical illnesses.**

Despite the evidence, we know there are barriers preventing us getting active, like accessibility, time, money, body image, lack of open space, or the negative connotations we might associate with 'exercise' itself. That's why we're encouraging you to 'move your way' by choosing an activity that suits you.

There are so many ways we can incorporate movement into our daily lives, especially at school.



## Why not...

- Walk or cycle to school
- Join an extra-curricular club in an activity you enjoy
- If possible, try incorporating a small walk or ball game at lunch
- For teachers: Offer a wide variety of inclusive sport activities
- For teachers: Incorporate a stretching break mid-class
- For teachers: Get creative with lesson planning by incorporating activities where students have to move around the classroom.

The possibilities are endless when it comes to finding a movement that works for you. Chat to your teachers or coordinators about ways to incorporate movement into your school day. Found a creative movement? Post it on social media and tag us!



Want to learn more about the benefits of movement for your mental health? Scan the QR code or head to [mentalhealth-uk.org/movement](https://mentalhealth-uk.org/movement)