



Words you will learn:



nutrients

Substances found in food and drink that living things use for life and growth.



regulate

To manage thoughts, feelings and actions to stay balanced.



response

An action, thought or change that happens because of something else.

Words you may know:



mental health

How your mind is working or feeling.

Emotions

Emotions happen automatically. You can choose how to respond.



happiness

You might feel... confident, proud, hopeful.



sadness

You might feel... disappointed.



anger

You might feel... frustrated, jealous, guilty.



surprise

You might feel... curious.



fear

You might feel... nervous, embarrassed.



disgust

You might feel... offended.

Your body sends clues as your **feelings** grow stronger.

Some ways to **regulate** your feelings to help you stay balanced include:



calm breathing



go outside



move the body

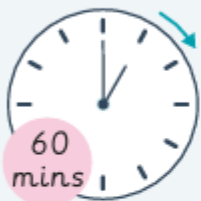


hold something



count something

Different strategies work for different people.



Children your age should be active for at least 60 minutes each day.

Being **active** and taking part in regular **exercise**:

1. Makes the body stronger
2. Improves your energy level
3. Supports your **mental health**

Light activity



Does not raise your heart rate
Hardly changes breathing

Moderate activity



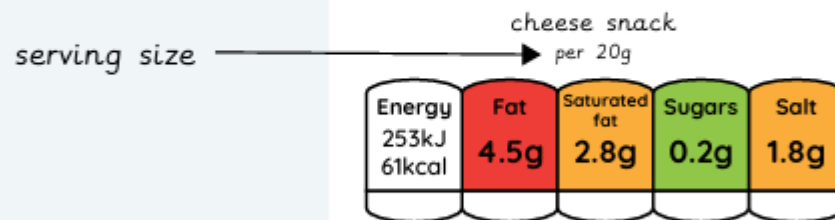
Raises the heart rate
Makes you feel a bit out of breath

Vigorous activity



Increases the heart rate
Makes you breathe harder and sweat more

To make healthy choices about what to eat, look for the traffic light label on food packaging.



Too many foods high in sugar, fat or salt can leave you feeling unwell.

The colours show if a food has a low (green), medium (amber) or high (red) amount of fat, sugar or salt.

People might need **support** with their **mental health**.

Signs someone might need help include:

- Feeling sad for a long time
- Not enjoying usual activities
- Feeling worried most of the time



Talk to a **trusted adult**



Contact **Childline**
0800 1111