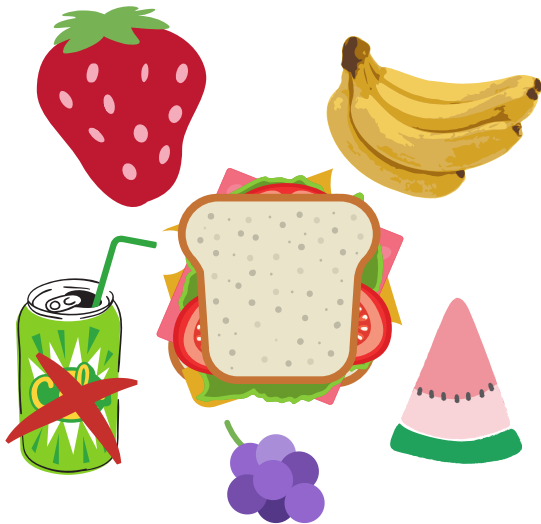


HEALTHY SUMMER HOLIDAYS

LEARNING SOUTH LEICESTERSHIRE SCHOOL SPORTS PARTNERSHIP

JUNE 2021



TIPS FOR PHYSICAL AND MENTAL HEALTH

TIPS FOR HEALTHY EATING

Choose Healthy Treats– Instead of ice cream why not blitz some berries in low fat yoghurt.

Plan Your Meals– Planning weekly can help save money and create well balanced meals.

Encourage Independence– Ensure your child is a part of the food making processing.

Cut out sugary drinks and cereals.

Limit screen time– Time spent on electronic devices is having an impact on the physical and mental health of young people. Create a daily screen time limit.

Select an activity your child likes to do– Enrol your child on to a summer camp or club. Ensure your child chooses the activity or camp.

Encourage your children to explore the outdoors safely– Getting some fresh air will impact on the child's mental and physical health.

Encourage sleep for a minimum of 8 hours per day– Keeping a good routine is really important.

Plan your activities– Getting a good mixture of activities can keep your child motivated.

Friends– If friends are taking part in physical activity encourage them to join in.

Practice Self Care– Relaxation techniques and mindfulness are recommended to ensure the mind and body is healthy.