

|  |
| --- |
| **Clover Hill Mini Health & Wellbeing Champions: Action Plan March 24** |
|  |
| **School of Kindness** Being **Kind** is a real superpower. Kindness costs nothing. Kindness is contagious - it spreads and catches on. Kindness brings us together. Qualities: Friendly, Generous, Considerate, EmpathyKindness Health Benefits: Healthier hearts, Slows down ageing, Helps you feel happier.Ideas: Set up a kindness day, Create a kindness tree to hang kind messages on.***Be the change you want to see in the world.*** Make the difference – YOU, not someone else. |
| **Road Safety** Junior Road Safety Officers message to share: Stop - Look - Listen - Think Don’t park in dangerous places - be considerate and sensible.Encourage: Park and Stride. |
| **Climate and Environment**The greatest threat to our planet is the belief that someone else will save it. ***No one is too small to make a difference.*** One SMALL step can add up to make a BIG difference. |
| **North East Ambulance Service**Important to know the phone numbers 111 and 999. Know your address and postcode and family phone numbers. |
| **Physical Activity**Children need to do 1-hour active exercise every day as well as normal PE lesson.Active ideas: Lap of the school playground before you enter the building on a morning. In class- Wake-up Shake up activities, Keep fit DVDs Jump Start Jonny Answering Qs in lessons actively = Star jump for YES and jogging on the spot for NO |