[](https://eur02.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253ameeting_NmRhYjliYWYtZjU2NC00YjZlLWI5ZTYtNjUzNzZkZjg4YWJm%2540thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%252209fbb979-4317-4d21-9cb6-e58811169cd8%2522%252c%2522Oid%2522%253a%2522835f0f23-2392-4960-b293-0978c9822b1f%2522%257d&data=05%7C02%7CLouiseHall%40Gateshead.Gov.UK%7Cb42042a1ff034058021a08dc3c252709%7C09fbb97943174d219cb6e58811169cd8%7C0%7C0%7C638451377475979131%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=7zOwksawNL8eRqYeGp0wrwoMANcLT1ePbGZinCd6Xjw%3D&reserved=0)

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| **Clover Hill Mini Health & Wellbeing Champions: Action Plan March 24** |
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| **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, Empathy  Kindness 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 |