

Please feel free to bring in/draw on opposite side of page what you are going to, 'show and tell' We can't wait to find out more about you!



**Children's
Mental Health
Week 2019**

We are
participating:
20-25TH May

Show & Tell

Healthy: Inside and Out

How do you stay healthy? You might think about the things you do every day to look after your body, like eating good food, moving around and making sure you get enough sleep. But did you know that it's important to look after your mind too? And did you know that some of the things you do to look after your body can help your mind?

What to share

You could bring in your favourite healthy treat, or share something you like to do with the class, like playing football, walking your dog, hula hooping or reading a bedtime story.

Your name

What are you going to share?

Why did you choose this for your Show and Tell?

P.S. Don't forget your £1 donation for **Place2Be**. Thank you so much!