



Research shows that doing physical activity can improve mental health. For example, it can help with better sleep, happier moods and managing stress and anxiety.¹

This important relationship between physical and mental wellbeing is the focus of our [new, flexible lesson plans](#) for 10-16 year olds.

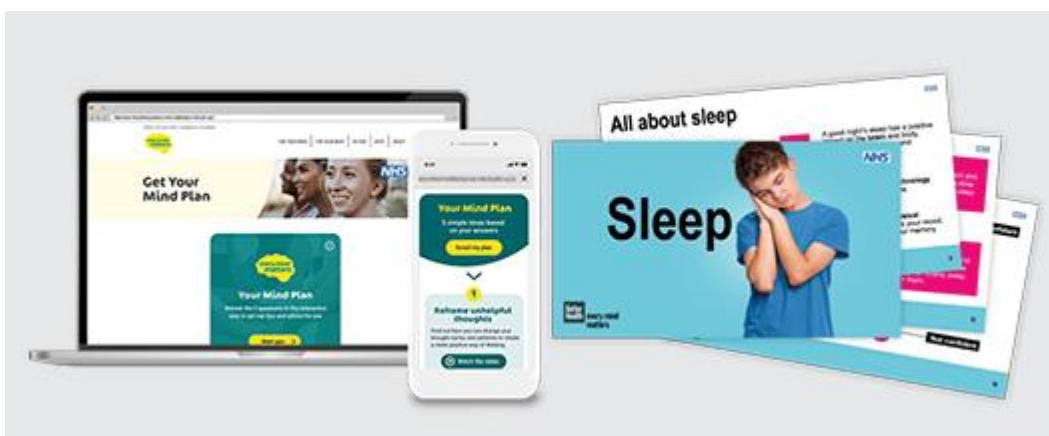
These new resources have been developed with teachers and are underpinned by the evidence-based **five ways to wellbeing**. They include short, fun activities such as **creating a wellbeing jigsaw** or **designing a poster to promote getting active**, and are supported by a video featuring **MC Malik** who discusses how he uses physical activity to support his mental health.

Like all of our content, this resource is mapped to the national curriculum helping you to cover core PSHE topics within Relationships and Sex Education (RSE) and Health Education. Head to the School Zone to download these resources for free today.

Download resources

“This is a great topic, it’s important to give young people the information and tools required to help positive mental health and wellbeing”.

Janice, Secondary PSHE, English and SEND teacher



Resources to support National Stress Awareness month

In support of National Stress Awareness month this April, create a safe space for your students to discuss their wellbeing by using our lesson plans which cover a range of wellbeing topics including [Worry](#), [Sleep](#) and [Building connections](#).

We also have tools to support your own mental wellbeing during this time. Use the NHS approved [Every Mind Matters tool](#) to receive a free, personalised plan to help you deal with stress and anxiety.

Download resources

¹ www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/about-physical-activity/#HowCanPhysicalActivityHelpMyMentalHealth

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