

Download the new Our Healthy Year Calendar

change 4 life



The new **Our Healthy Year Calendars**, for **Reception and KS1** and **KS2**, can support young people to build healthier habits this year.

The flexible, downloadable calendars can be used in the classroom or via remote learning to inspire pupils to eat well, move more, and be mindful of their wellbeing - wherever they are.

Our calendars are interactive and link to the PSHE and Relationships and Health Education curricula. They include fun facts, jokes and challenges such as making up a dance or seeing how many different colours of the rainbow your pupils can eat for lunch!

Head to the School Zone to download our new **interactive calendars** along with the supporting **curriculum-linked activity sheets**, and encourage healthy activity in 2021.

[Download now](#)



While you're helping pupils build physical activity into their daily routines this year, we want to support you to do the same. No matter how much you do, physical activity is good for your body and mind. A daily brisk walk can boost your energy, lift your mood and make everyday activities easier.

Better Health has free tools and advice to help you make positive changes, and with their new website, it's never been easier to start. Visit www.nhs.uk/better-health to access healthy lifestyle discount offers, top tips and a list of apps that can support you on your journey to better health.

[Find out more](#)

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To change what emails you receive, please update your preferences [here](#).