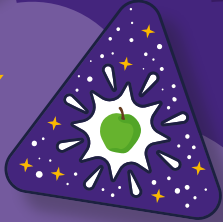
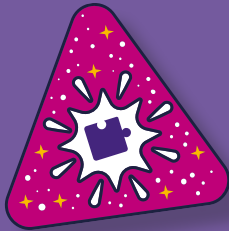


# YOUR MISSION

## Keep yourself fit and healthy



### INSIDE

- Wordsearch
- Tips and facts
- Drawing tasks

Name:

## Hi there

You have a very important mission, to keep yourself healthy and safe!

We've put together some tips with other young children like you to help you on your adventures.

Read on to find out how to:

- be active and keep safe
- keep your teeth clean
- talk about your feelings
- talk to your safe person about any worries you have.

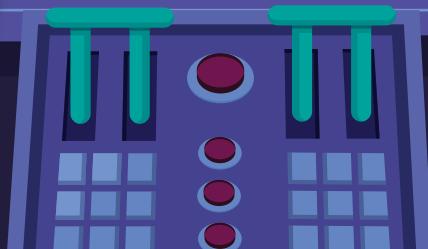


## Who are we?

We work for the NHS helping children like you stay healthy.

We are here to help when you're having problems or any worries.

We can talk to you or your grown-up or you could visit our website together for more help.



## Be active and keep safe

Being active is fun and helps you stay healthy.

60 minutes of activity every day will help your muscles and bones to grow and keep your heart in tip-top condition.

It's ok to get out of breath and feel your heart beating when you're active.

Top tips to keep you safe while you're getting active:

- Wear a helmet when riding a bike or skating.
- Make sure your laces are done up so you don't trip on them.
- Ask an adult to help if you're trying something new.
- Let an adult know if you have an accident in case you need help.

### Mission

What can you do to stay active?

Draw a picture of you  
being active.

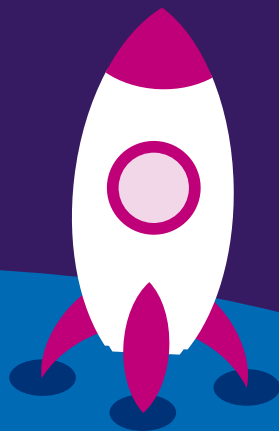
Suggested items





## Healthy eating

Your body needs fuel on your mission to keep you healthy and give you energy.

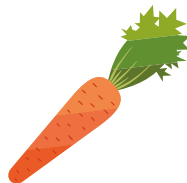
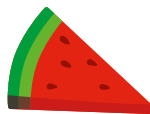


## Mission

Draw some healthy snacks to keep you going on your adventures.

Draw some healthy snacks

Suggested items





2  
MIN

## Keeping your teeth clean

You only get one lot of adult teeth so you need to look after them. Here are the top tips for keeping them clean.

1

Brush your teeth before you go to bed and at one other time during the day.

2

Brush for two minutes each time and use a pea size amount of fluoride toothpaste.

3

Make sure you brush all your teeth. Brush each surface, front and back, top and bottom.

4

After brushing, spit out the toothpaste. Don't rinse with water.

5

Don't have too many sweets, fizzy drinks or sugary snacks between meals.

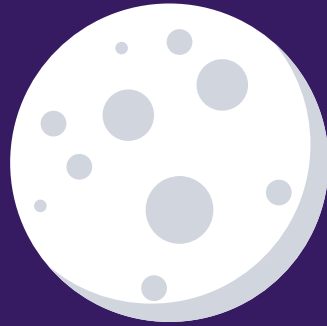
6

Visit your dentist for a check-up at least once a year.

## Talking about your feelings

There will be times you get upset, sad or worried and might not know how to deal with your feelings. Talking to someone will help.

There are lots of people you might want to talk to about how you're feeling. Try and find them in the wordsearch below.



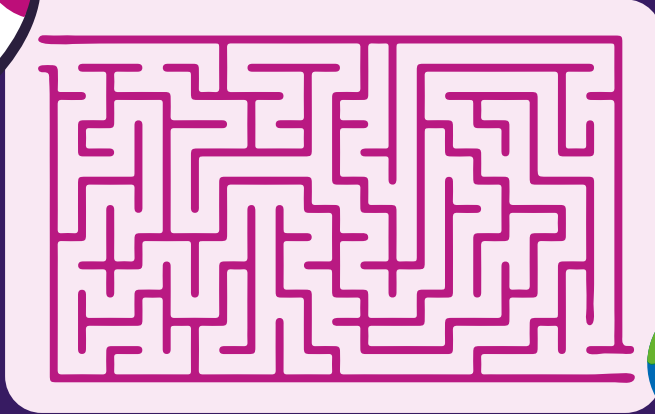
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Q F G O C K S O E T N C N P S N B L T N  
Z C R Z E L R P F A A F M N F E R B F A  
C X A C V F O A Z C N E U R C O Q X N W  
T Q N V S R M E C D X L M X E V D W M X  
Y B D E E N U R S E U S G I C O U S I N  
H O A I O C J H L I J M J O J L B P J O  
I R D P I B V Q R J D O C T O R I Y O V  
N Y W M A A Y Z G Y N I Y T B U O E Z Y



Aunt Brother Cousin Dad Doctor Family  
Grandad Mum Nan Nurse Police Sister Teacher

## Mission

Solve the maze to get the rocket  
back to planet earth safely.



Think about your safe person. This could be anyone  
who you trust and is able to help you if needed.

Draw you

Draw your safe person

Name: .....

## Managing your feelings

Everyone feels sad, lonely or upset sometimes depending on what is happening around us.



It's ok to feel sad sometimes. You might not know why you are feeling sad, that is ok.

Talking can really help make you to feel better.



### **! Top tip**

You might find it easier to talk if you're drawing while you talk.



## Feeling angry

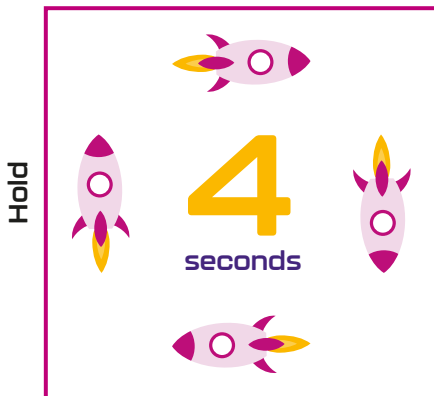
We all get angry sometimes if we're upset or feel like something isn't fair. Speak to your safe person if you're feeling angry a lot.



### Mission

Take long deep breaths to help you relax.

Breathe in



Breathe out

### ! Top tip

Think about drawing a square with your breathing.

With your finger, follow the line of a square to practice 'square breathing.'

Repeat three times and you should begin to feel calmer.



If you are having trouble falling asleep, this might help you relax.

## Feeling worried or scared

You might feel sick or tired when you're worrying or scared. This is your body's way of telling you that something isn't right. Speak to your safe person and let them know how you are feeling.



### ! Top tip

Counting down from five and looking at the things around you can help you calm down. This helps you focus on other thoughts. Some children like to run around or have a rest, find out what helps you.



5



4



3



2



1

## Mission

### Can you fill in the blanks?

5 things you can see



1

2

3

4

5



4 things you can touch

1

2

3

4

3 things you can hear



1

2

3



2 things you can smell

1

2

1 thing you can taste



1

You've completed your mission,

**well done!**





## Kent Community Health NHS Foundation Trust

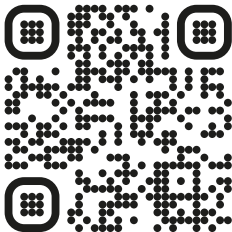
### Show this page to your grown up

Welcome to Kent School Health. We support children and young people aged four to nineteen, including those who do not attend school.

Our team works with schools, parents and carers as well as other professionals to prevent ill health in children, families and the wider community, support safeguarding of children and young people and address any health needs to make sure every child reaches their potential.

If you would like more support, please visit our website or phone **0300 123 5205** to speak confidentially to a member of the team.

[family.kentcht.nhs.uk](http://family.kentcht.nhs.uk)



Thank you to the children in year three at Halfway Houses Primary School for your help in creating this leaflet.

