



Healthy body, healthy mind

What can you do to have good health and well-being? Some students posted their answers to this question. Read their replies here!



Rob: Physical activity is good for everyone. You can run, cycle, walk, dance, swim... I do hip-hop dance once a week. I'm not a good dancer, but it's fun!



Lucy: It's important to talk to other people. Staying alone can sometimes make you sad. I joined a football team, so now I can talk to the other players.



Owen: When you learn new things you exercise your brain. That keeps you healthy. This year, I started going to a drama class after school. Maybe I can become an actor one day!



Sarah: You can learn from looking at the world around you. And sometimes just admiring the landscape can make you feel great. I love watching the sea from the beach.



Liam: Being kind, saying thank you and smiling are good for us. Helping other people activates positive feelings in our brains. Sometimes I help at the local old people's home. It's good to make other people smile!

1 04 Read and listen to the students' answers.

2 Now try to answer the same question:
What can you do to have good health and well-being?

Five ways to well-being and good mental health

A study into mental health made these five suggestions for good mental health and well-being:



3 Read the students' posts on page 38 again. Match their comments to the five ways to well-being and good health. Follow the example.

Connect → Lucy Be active →
Take notice → Give →
Keep learning →

4 **TALKING POINT** In pairs, talk about what you do for each of the five ways above.

Example: 'I do gymnastics every week'

5 Good or bad? Read Alex's strategies for staying well and write ✓ or ✗.

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|--|--------------------------|--|--------------------------|
| 1 I help other people. | <input type="checkbox"/> | 7 I don't do any sports. | <input type="checkbox"/> |
| 2 I often eat junk food. | <input type="checkbox"/> | 8 I ask for help when I need it. | <input type="checkbox"/> |
| 3 I balance study and free time. | <input type="checkbox"/> | 9 I take my dog for walks in the park. | <input type="checkbox"/> |
| 4 I sleep 8 hours every night. | <input type="checkbox"/> | 10 I spend time with my relatives. | <input type="checkbox"/> |
| 5 I sometimes smoke. | <input type="checkbox"/> | 11 I play videogames before I go to bed. | <input type="checkbox"/> |
| 6 I talk to my friends or listen to music when I'm stressed. | <input type="checkbox"/> | | |

