



Sedentary behaviour

~Behaviour Newsletter 1~

WHAT IS SEDENTARY BEHAVIOUR?



Sitting



Lying



Reclining



It is good for your physical and mental health to limit time spent sitting, strapped in (buggies/cars etc) or watching screens.

IDEAS TO KEEP ACTIVE



Active play



Playground



Scooting



Skipping



Games



Dancing



Walking



Cycling



Click the QR code or scan it with your phone for ideas of activities for 5-18 year olds

Click the QR code or scan it with your phone for ideas of activities for under 5's

Tips: Choose active gifts, such as balls or kites, for birthdays or treats . Encourage involvement in household chores - sweeping, hoovering, dusting, gardening

IS ALL SEDENTARY BEHAVIOUR THE SAME?



Taking part in art, music and crafts can have mental and behavioural benefits as they stimulate your learning, concentration and memory. Whereas sitting down watching a screen (TV, video games, tablets) can lead to poorer health in the future.

30% of children are active for less than 30 minutes per day