
Movement



WHAT'S GOOD FOR THE BODY IS GOOD FOR THE BRAIN!
MOVEMENT HELPS THE BRAIN GROW AND STAY HEALTHY.
BEING ACTIVE ALSO HELPS US FEEL HAPPIER AND
BOOSTS OUR WELL-BEING.

Discussion Questions

1.

What are your favourite ways to move? (For example: sports, dance, walking.)

2.

What are some of your favourite ways to bring movement into your day/week?

3.

What is one thing you can do to make time to move this week?

