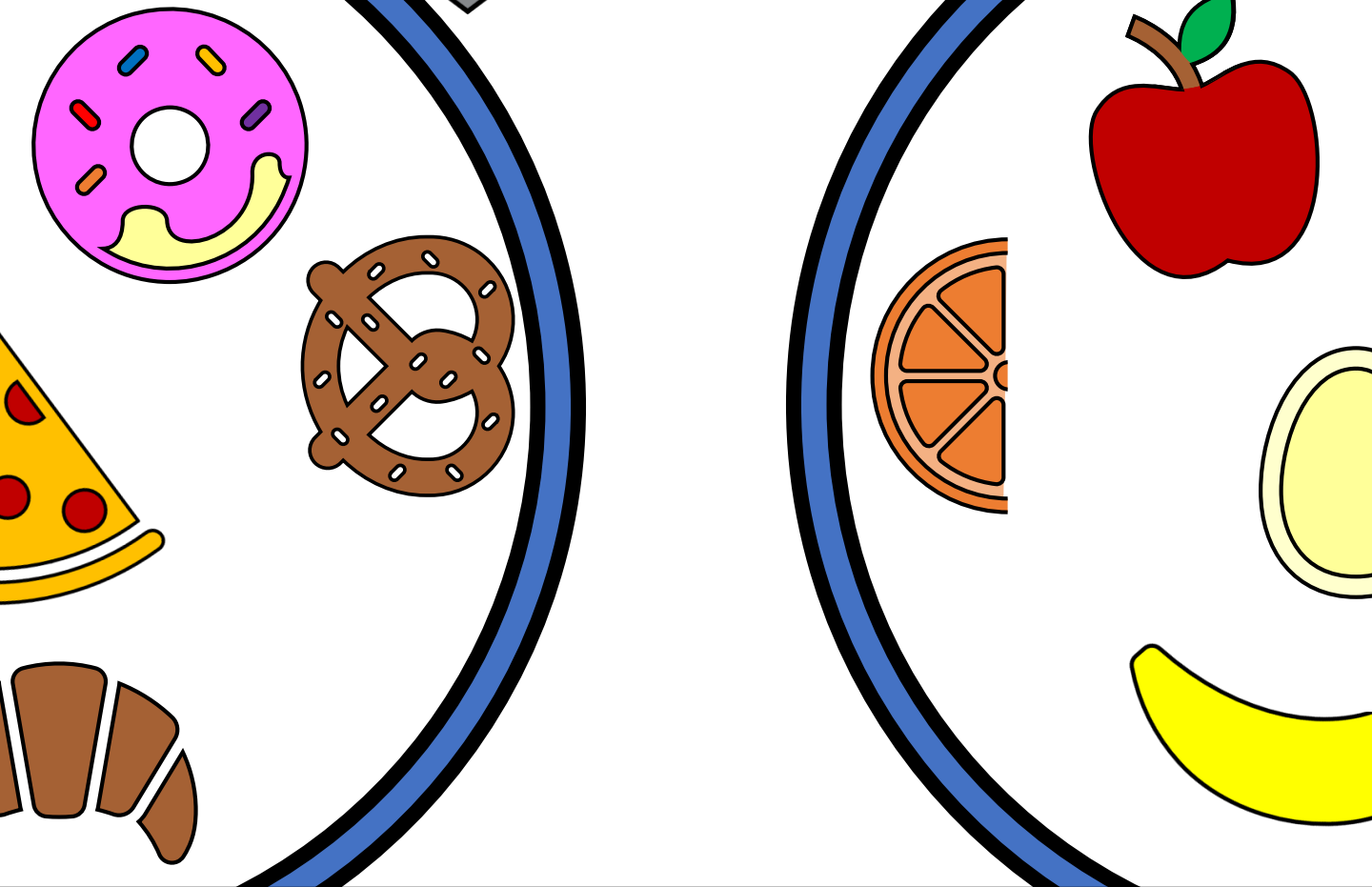


Making Every Contact Count

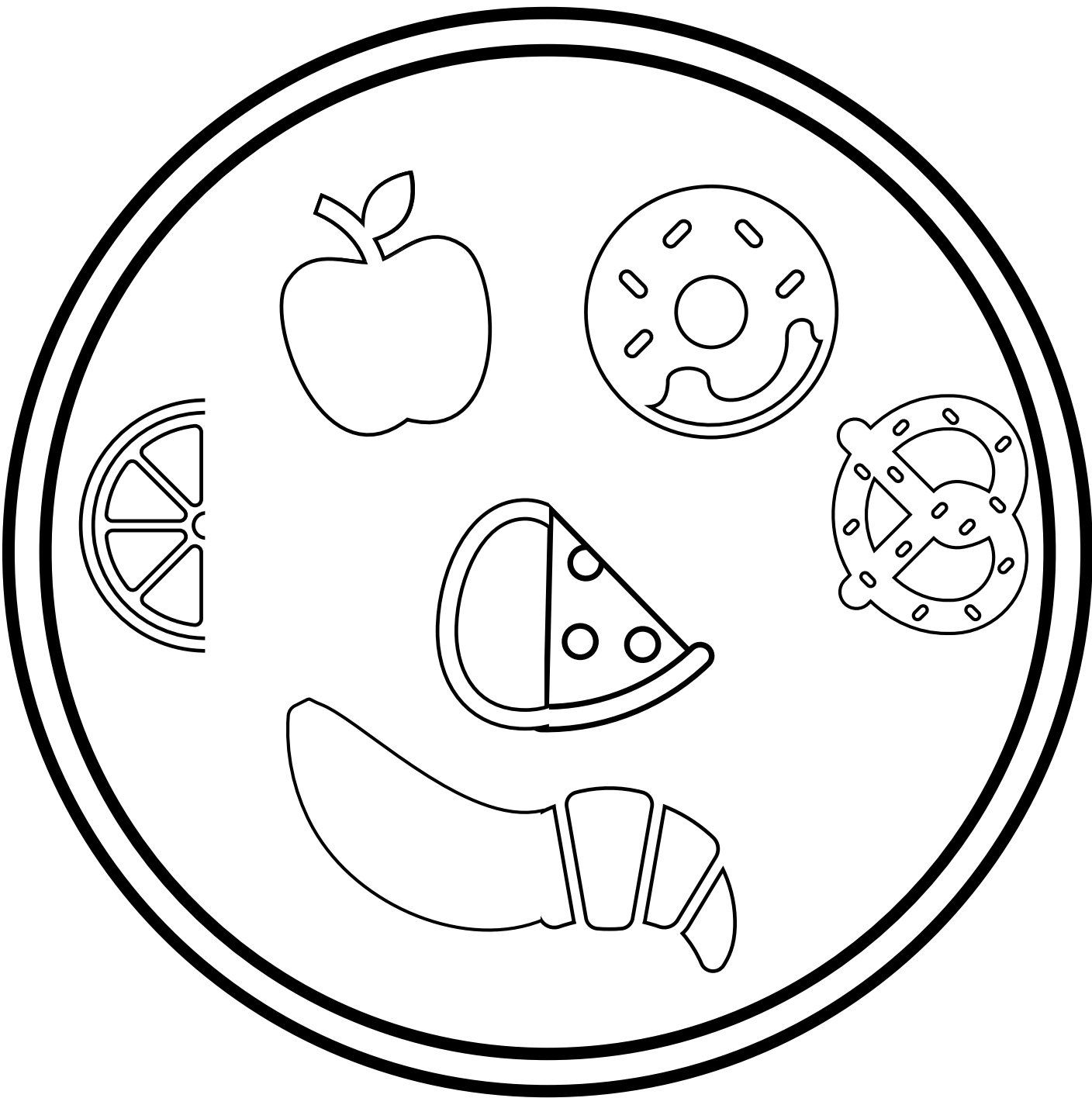
across Gateshead



Food and Mood



FOOD AND MOOD



Food provides our bodies with fuel so we can be active. What we eat can alter our mood in either a good or negative way. Proteins, fats, fruit and vegetable, caffeine and water in our foods, all affect our mood.

Wordsearch

Can you find the 12 foods high in protein below?

L	C	K	S	A	L	M	O	N	T	A	U	F
T	G	E	O	L	H	G	E	S	P	E	F	A
E	H	B	E	A	N	S	F	A	G	T	H	N
C	I	T	U	N	A	G	U	E	T	K	H	S
N	F	N	M	T	S	C	N	M	K	P	S	C
I	E	A	S	I	H	H	M	N	S	U	I	E
M	M	L	E	N	T	I	L	S	A	L	F	M
N	U	S	T	C	F	C	U	O	S	S	A	T
A	S	L	U	K	T	K	T	G	O	E	N	U
E	T	A	N	H	E	E	G	G	S	S	O	F
L	A	T	E	M	A	N	G	T	T	B	M	I
P	U	P	N	P	L	S	E	S	U	E	U	S
M	I	A	S	T	U	N	N	I	A	L	P	U

Beans

Fish

Meat

Pulses

Chicken

Lentils

Peas

Salmon

Eggs

Lean Mince

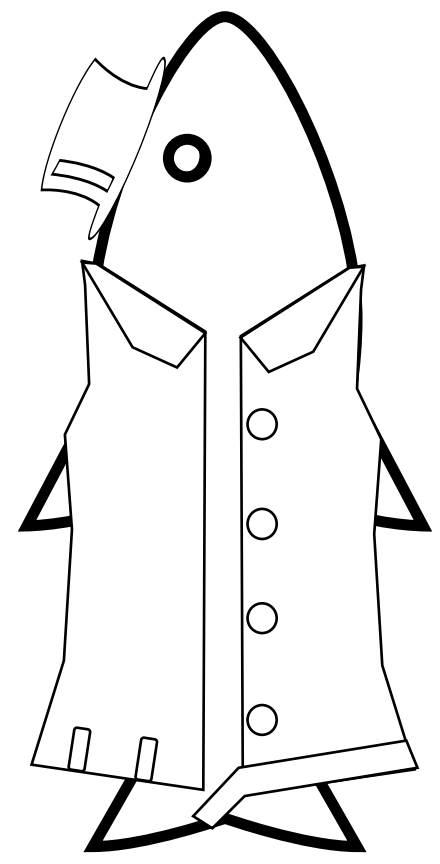
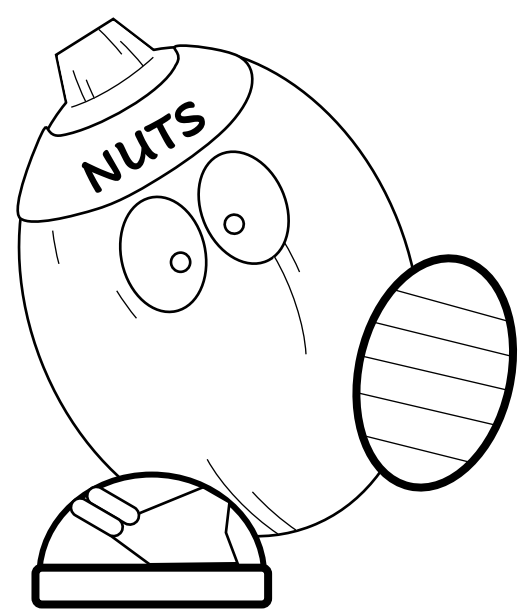
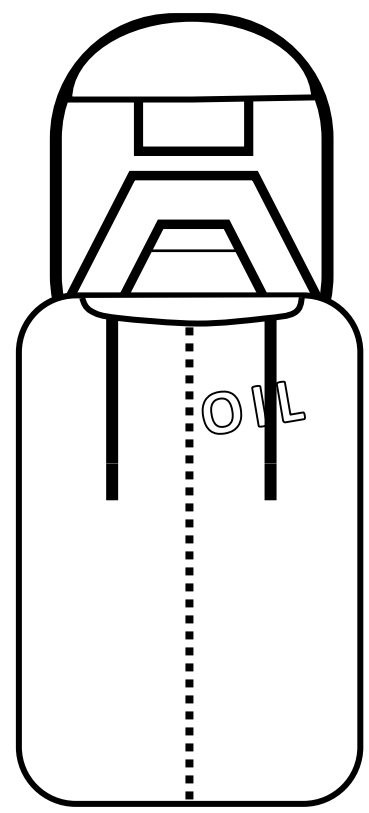
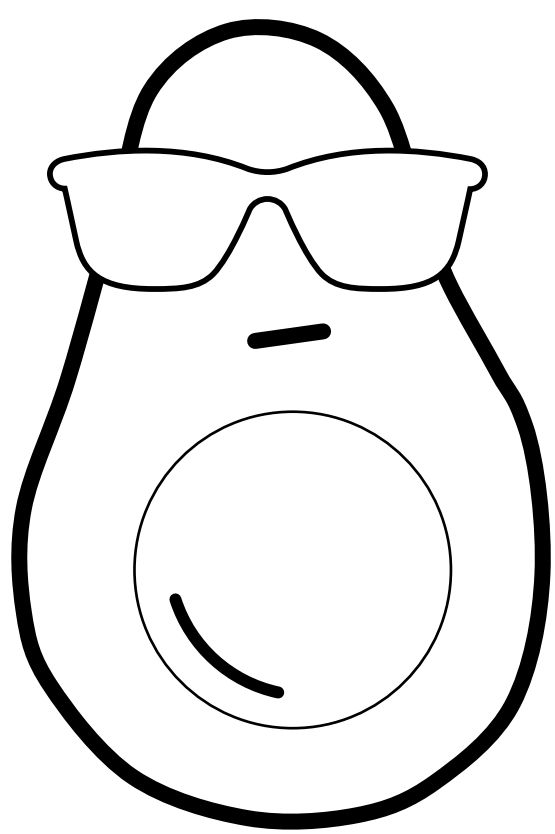
Plain nuts

Tuna

Inside our stomachs, we have a special chemical (Leptin) that makes us feel full and satisfied. Protein in foods help our bodies make Leptin. This can make us feel happier



DON'T AVOID FATS



Brain Health: Your brain needs fats such as omega 3 (oily fish) and omega 6 (nuts and Seeds) to keep it working well.
Body Health: Fats are needed to make inflammatory cells which help heal our bodies.

Wordsearch

Can you find the 16 fruit and vegetables below?

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

Avocados

Banana

Beetroot

Carrots

Cucumbers

Grapefruit

Grapes

Olives

Peppers

Peapods

Pumpkins

Spinach

Sweetcorn

Tomatoes

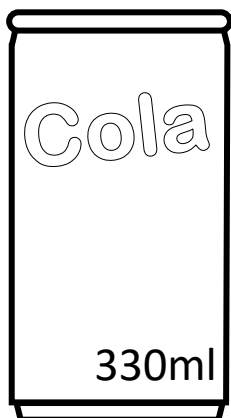
Water Melon

Zucchini

Each fruit or vegetable contains different vitamins. Without vitamins, our bodies wouldn't be able to perform vital tasks such as, building bones and keeping our teeth in good working condition.

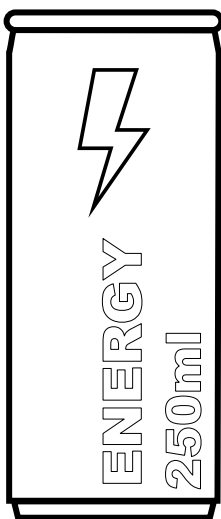
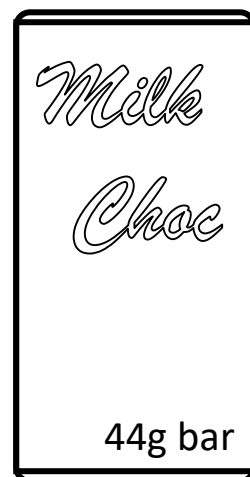
MANAGE YOUR CAFFEINE

Can you match these products to the amount of caffeine they each have?



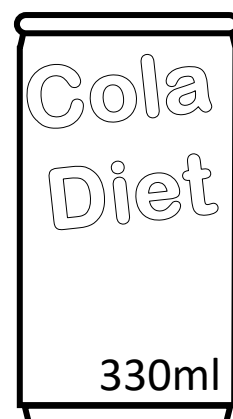
46mg

47mg



94.8mg

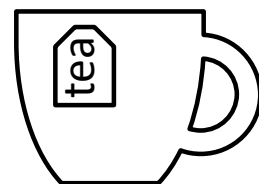
80mg



8.8 mg



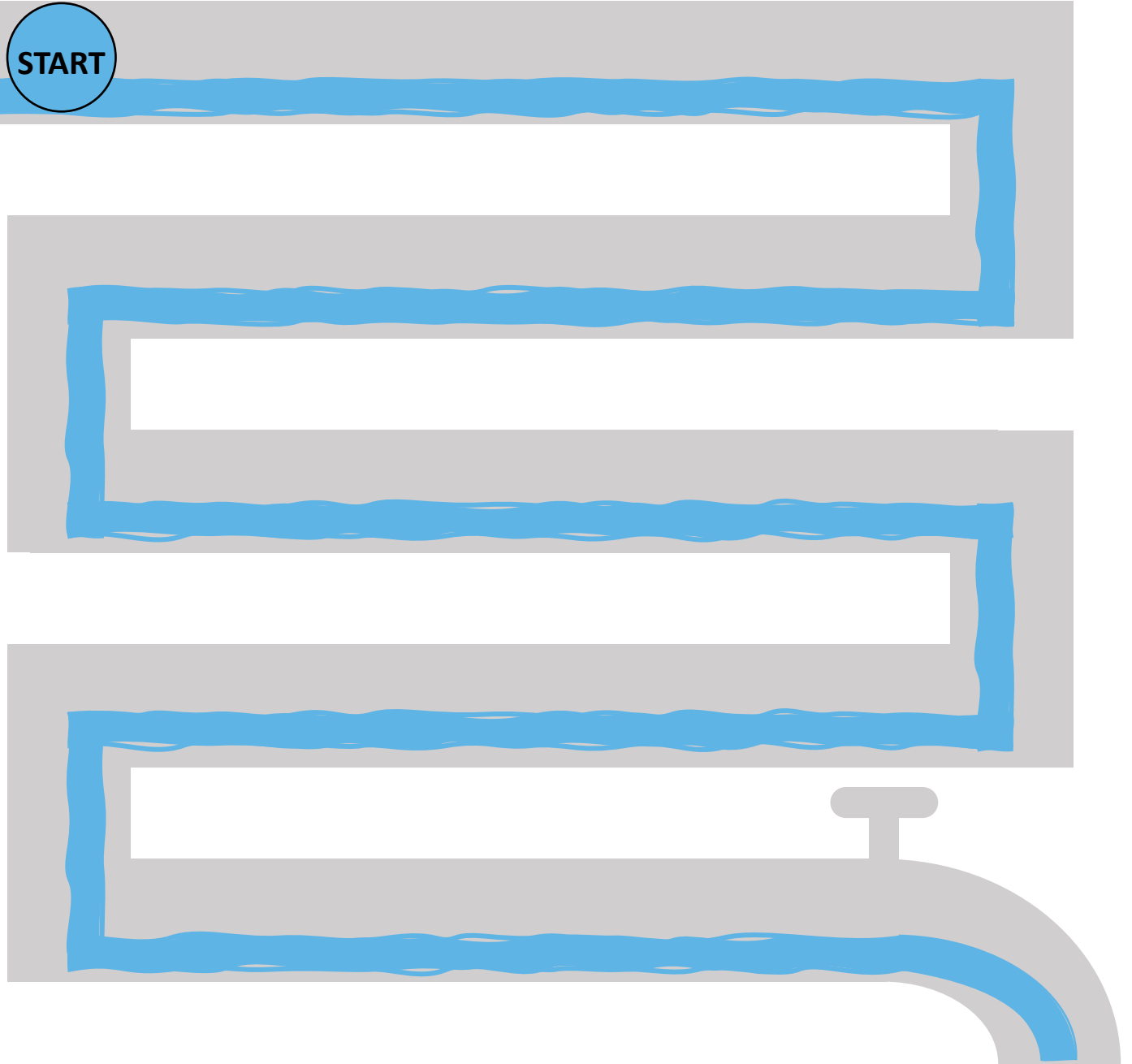
34mg



Caffeine is a stimulant and can temporarily make us feel more alert or less drowsy. Effects from caffeine can stay in our bodies for 7 hours. Having too much caffeine can cause us to not sleep well, have an upset stomach, feel unhappy or anxious. For children 4 years or older, an occasional caffeine treat is ok and around 45 mg per day is recognized as a safe amount, but caffeine shouldn't be a daily part of a child's diet. Choose a can of coke or a chocolate bar

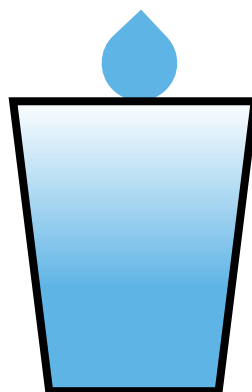
Water maze

It is important to drink plenty of fluids. Not drinking enough can cause dehydration which can make you dizzy or lightheaded and feel tired. Water is a healthy and cheap choice for quenching your thirst at any time. It has no calories and contains no sugars that can damage teeth.

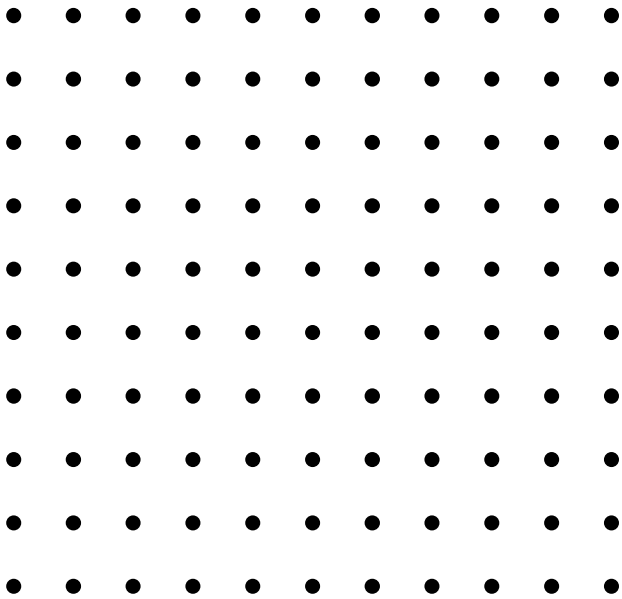


How to play:

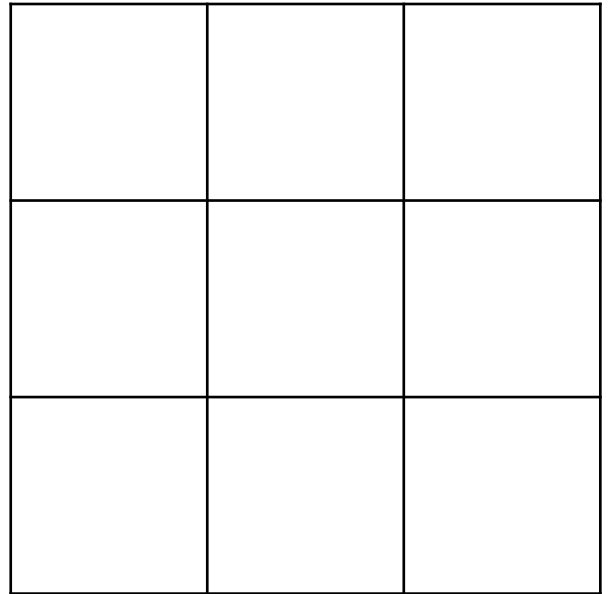
1. Print of this sheet or paper and laminate the sheet. If you don't have a laminator you could place the sheet inside a poly pocket
2. Put a single drop of water on to the start position
3. Move the drop of water through the maze. If you go through a line start again



Dots and boxes



Xs and Os



Local support

One You Gateshead

Facebook: www.facebook.com/OneYouGateshead

Twitter: <https://twitter.com/OneYouGateshead>

Our Gateshead

www.ourgateshead.org/

Growing Healthy 0 -19 service

Facebook: www.facebook.com/GrowingHealthyGateshead



Answer Sheet

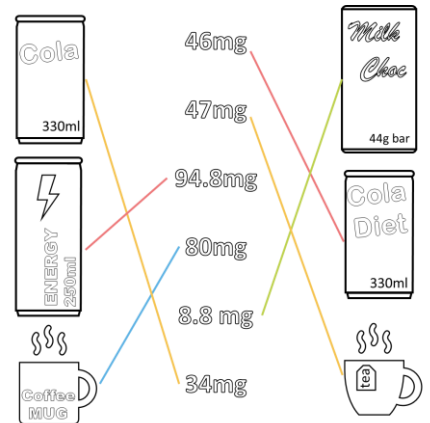
Page 2

L	C	K	S	A	L	M	O	N	T	A	U	F
T	G	E	O	L	H	G	E	S	P	E	F	A
E	H	B	E	A	N	S	F	A	G	T	H	N
C	I	T	U	N	A	G	U	E	T	K	H	S
N	F	N	M	T	S	C	N	M	K	P	S	C
I	E	A	S	I	H	H	M	N	S	U	I	E
M	M	L	E	N	T	I	L	S	A	L	F	M
N	U	S	T	C	F	C	U	O	S	S	A	T
A	S	L	U	K	T	K	T	G	O	E	N	U
E	T	A	N	H	E	E	G	G	S	S	O	F
L	A	T	E	M	A	N	G	T	T	B	M	I
P	U	P	N	P	L	S	E	S	U	E	U	S
M	I	A	S	T	U	N	N	I	A	L	P	U

Page 4

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

Page 6



5 Ways to Wellbeing Game

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

The 5 Ways to Wellbeing are:

Connect
with other
people

Be
physically
active

Learn new
skills

Give to
others

Take notice

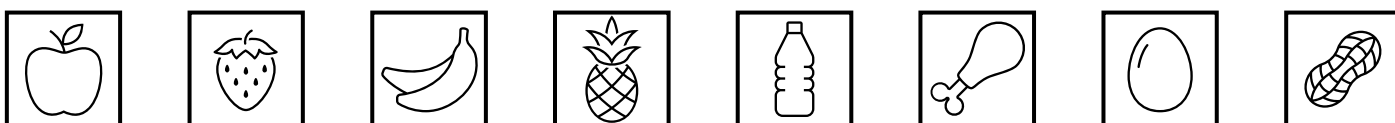
What you will need to play the 5 ways to wellbeing game:

- 2 – 4 people to play
- A Dice

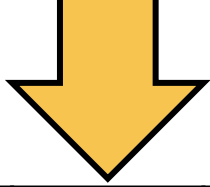
How to play

1. Cut out the counters below or why not make your own?
2. Cut out the wellbeing cards on the next sheet
3. Each player takes turn to roll the dice.
4. The player with the highest roll goes first then move clock wise while playing the rest of the game.
5. If you land on a wellbeing card square pick up a well being card and perform the task. If you successfully complete the task move forward 1 square.
6. The first player to the finish square wins

Tip: Laminate this sheet and game pieces, or place them in a poly pocket to keep everything safe.

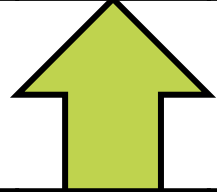


Finish		Oh no back you go		Wellbeing card	Move forward 1 space	
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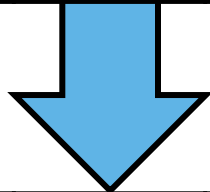


Wellbeing card			Move back 3 spaces		Wellbeing card	
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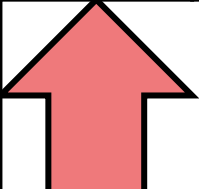


			Wellbeing card	Oh no back you go	You've found a short cut	
--	--	--	----------------	-------------------	--------------------------	--



	Wellbeing card		Move back 2 spaces			Wellbeing card
--	----------------	--	--------------------	--	--	----------------

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	You've found a short cut	Wellbeing card	Move forward 1 space			Start
--	--------------------------	----------------	----------------------	--	--	-------



<p>CONNECT</p> <p>Speak to someone you haven't spoken to today</p>	<p>CONNECT</p> <p>Read/ make up a quick (around 1 min) story to the people playing this game</p>	<p>CONNECT</p> <p>Find someone you have something In common with</p>
<p>BE ACTIVE</p> <p>Jog on the spot for 10 seconds</p>	<p>BE ACTIVE</p> <p>Do 10 star jumps</p>	<p>BE ACTIVE</p> <p>Do 1 push up</p>
<p>KEEP LEARNING</p> <p>Find out one new thing about where you are right now.</p>	<p>KEEP LEARNING</p> <p>Tell people one new thing you learned last week.</p>	<p>KEEP LEARNING</p> <p>Add up all the ages of the people playing this game</p>
<p>GIVE</p> <p>Say hello to someone by using a different word, phrase or sign</p>	<p>GIVE</p> <p>Write down something nice about someone playing this game</p>	<p>GIVE</p> <p>Think of something you can give instead of money to make someone happy?</p>
<p>TAKE NOTICE</p> <p>Look around the room and find something you haven't noticed before</p>	<p>TAKE NOTICE</p> <p>How many people can you see with... (pick 1 option)</p> <ul style="list-style-type: none"> A. Sitting Down B. Smiling C. Wearing jewellery 	<p>TAKE NOTICE</p> <p>Play one quick round of eye spy</p>

**WELLBEING
CARD**



**WELLBEING
CARD**



**WELLBEING
CARD**



**WELLBEING
CARD**



**WELLBEING
CARD**



**WELLBEING
CARD**



**WELLBEING
CARD**



**WELLBEING
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**WELLBEING
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**WELLBEING
CARD**

