

# Keeping our school children healthy & active

## ENERGIZE STW

Getting **Hearts** Beating Faster  
*energize*  
Shropshire, Telford & Wrekin Active Partnership

With schools closed, it is more important than ever that we find ways to support our children's wellbeing by helping them stay active and eat well. Energize has compiled a range of FREE resources, under five key topics, that everyone can access online from home.

## 1. Healthy Eating



## 2. The Great Outdoors



## 3. Quick Blasts and Active Bursts

## 4. Active Learning



#ACTIVE EVERY DAY

## 5. Mental Wellbeing



Every week there will be new themed challenges and the opportunity for you to upload your attempts via social media. To access the resources, visit our website today: <https://www.energizestw.org.uk/energize-resources>

