# Angry?
# Or "Hangry"?

## Wellbeing Warrior Award

## Wisdom Quest

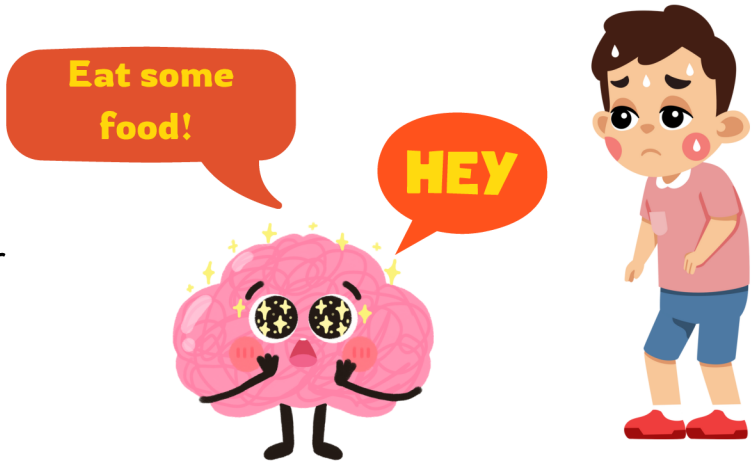
# Angry? Or "Hangry"?

It is so important that we eat healthy food regularly through the day. I am sure that is something most of you will already know! Eating healthy food regularly helps our bodies to stay healthy and fuelled for all the things we do during each day.

Food is converted by the body (our amazing machine!) into energy that we can use like a car uses petrol to help us move around, have all the adventures we have each day and everything else.
Our bodies use energy for things we don't even think of, like breathing, swallowing, keeping our muscles working properly and every single tiny thing our body does!
Water is also very important for our bodies and minds to work properly so drinking enough water is one of the best things you can do.

We have already learned that our feelings are our messengers and tell us when something is not right. If we don't have enough to eat and drink regularly through the day, or we eat and drink the wrong type of foods, our bodies find it hard to work properly and they send us messages to remind us that we need to eat and drink.

When we don't have enough to eat or eat the wrong type of foods, our BLOOD SUGAR (the amount of sugar in our blood) doesn't stay at the right levels.
If we do not drink enough water, our bodies become DEHYDRATED and our cells cannot work properly.
To find out more about how our bodies work, try out the HEALTH AND WELLNESS AWARD

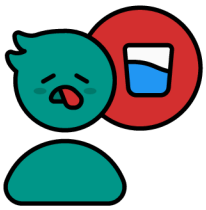



So, what messages do our bodies send us when we are hungry or thirsty? Keep reading to find out!

# Angry? Or "Hangry"?

Our bodies are very clever. They remind us to do the things they need to be happy and healthy by making us FEEL something isn't right. Our bodies tell us to eat or drink by making us feel thirsty or hungry but we also get uncomfortable feelings to remind us as well.

Lots of people call these feelings being "hangry". We feel angry or irritated, grumpy or snappy. We have no energy and feel tired or even unwell.




Being hangry is usually easy to fix.
If you start to feel angry or irritated and you aren't sure why, try a glass of water or a banana or snack to see if it is your body reminding you to give it fuel so it can work properly!



Do you get HANGRY?
Lots of people do - in fact almost everyone does.
When a little baby is hungry for milk, he will cry and go red in the face. Our bodies can make us feel the same if we don't feed them the right foods and enough water.

If you feel calmer after your snack or drink then you will know you were just hangry.
It helps to remember to eat or drink when we start to feel angry anyway, to give our bodies a boost of energy and remind our Tiger brains that they are not needed.
Snacks and drinks that help you calm down are called HANGER - BUSTERS..

Do you have any favourite snacks that are your HANGER - BUSTERS? We like bananas, dates and crackers and cheese best!
Write or draw your own hanger - busters in the box