

## Special Issue

# Physical Activity and Lifestyle Habits for Improving Cognition and Mental Health in Schoolchildren

### Message from the Guest Editor

Physical activity and healthy lifestyle habits are critical determinants of cognitive development and mental health in schoolchildren. Emerging evidence underscores their potential to enhance executive functions, emotional regulation, and resilience while mitigating the adverse effects of bullying and cyberbullying. Schools serve as ideal settings to implement interventions that foster active and healthy behaviors to support academic and psychological well-being.

This Special Issue invites cutting-edge research exploring the relationship between physical activity, lifestyle habits, and their impact on cognition and mental health in educational contexts. Priority will be given to interdisciplinary studies, innovative interventions, and cross-cultural analyses. Contributions are expected to provide robust theoretical insights and practical applications for educators, policymakers, and researchers aiming to optimize children's mental and cognitive health.

Empirical research, qualitative, quantitative, or mixed analysis, systematic reviews, meta-analysis, and case studies will be considered. Longitudinal or cross-sectional studies will also be considered.

### Guest Editor

Dr. Sara Suarez-Manzano

Department of Didactics of Musical, Plastic and Corporal Expression, Faculty of Education Sciences, University of Jaen, 23071 Jaen, Spain

### Deadline for manuscript submissions

1 December 2025



## Children

an Open Access Journal  
by MDPI

Impact Factor 2.1  
CiteScore 3.8  
Indexed in PubMed



[mdpi.com/si/229756](https://mdpi.com/si/229756)

*Children*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[children@mdpi.com](mailto:children@mdpi.com)

[mdpi.com/journal/  
children](https://mdpi.com/journal/children)





# Children

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.1  
CiteScore 3.8  
Indexed in PubMed



[mdpi.com/journal/  
children](https://mdpi.com/journal/children)



## About the Journal

### Message from the Editor-in-Chief

You are invited to contribute a research article or comprehensive review for consideration and publication in *Children* (ISSN 2227-9067). *Children* is an open access journal—research articles, reviews, and other content are published online immediately after acceptance. The scientific community and the general public have unlimited free access to the content as soon as it is published. The journal focuses on sharing clinical, epidemiological, and translational science relevant to children's health. We would be pleased to welcome you as one of our authors.

---

### Editor-in-Chief

Prof. Dr. Paul R. Carney  
Departments of Child Health and Neurology, University of Missouri, 400  
Keene Street, Columbia, MO 65211, USA

---

### Author Benefits

#### Open Access

— free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, Embase, and other databases.

#### Journal Rank:

JCR - Q2 (Pediatrics) / CiteScore - Q2 (Pediatrics, Perinatology and Child Health)