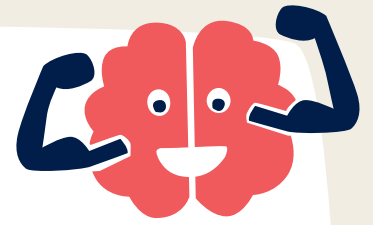


28 Days of Mental Fitness



Year: 3-6

Resource Objective: Build mental fitness in your classroom using this 28 day mental fitness resource. Explore each daily activity to strengthen students' cognitive and emotional wellbeing. Print out a class copy for the wall and/or individual sheets for students to work through over 28 days, ticking each activity as they go. Students can complete the activities in whatever order they choose, the most important thing is a daily focus on doing something that builds mental fitness.

After completing the activity, ask students to take a few moments to reflect on their experience. Consider how they felt before, during and after the activity and any insights or observations they gained from completing it.

At the conclusion of the 28 days, encourage students to consider how the daily tasks impacted their mental fitness and how they could incorporate some of these activities into their daily routines or mental fitness practice.

Resource Objective: Mental Fitness Motivator

Most suitable time to integrate this resource: During morning routines, before lessons or as a brain booster to invigorate the mind.

Gotcha4Life Protective Factor link: Emotional Adaptability ('Build your emotional muscles'), Social Connectedness ('Embrace your village') and Help Seeking Behaviour ('Don't worry alone')

Let's build our mental fitness together

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28 Days of Mental Fitness

- 1 Ask a friend how they are feeling today.
- 2 Tell someone in your village that you love them.
- 3 Take 3 deep breaths. Repeat.
- 4 Share something that's on your mind with a trusted friend.
- 5 Write down how you've been feeling lately.
- 6 Share with someone what you like about them.
- 7 Be an active listener.
- 8 Make a card for someone special to you.
- 9 Play with someone different today.
- 10 Think about a big feeling you had recently.
- 11 Smile at 3 people today.
- 12 Write down 3 things you are grateful for.
- 13 Write down what you are most afraid of. Tell someone you trust.
- 14 Play a board game with a family member or friend.
- 15 Go for a walk outside.
- 16 Who are you proud of? Tell them.
- 17 Cuddle your pet, a soft toy, or a friend!
- 18 Drink a big glass of water at the start of the day.
- 19 Do something kind for someone else.
- 20 Think about a friend in need and how you could help them.
- 21 Have a tech free day.
- 22 Write down 3 things you are proud of.
- 23 Think about your favourite memory of someone you love.
- 24 Share with someone what mental fitness means to you.
- 25 Play your favourite song and dance like no one is watching.
- 26 Sit quietly for the first 3 minutes of the day.
- 27 Say thank you to a teacher who has helped you recently.
- 28 Draw a picture of your favourite place.

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