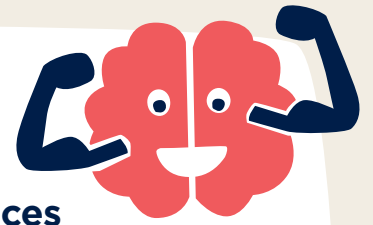


Mental Fitness Interview



Use this interview guide to explore mental fitness practices with your students.

Year: 3-6

Curriculum: AUS V9

This resource integrates elements of Personal and Social Capability and skills from the Health and Physical Education Curriculum.

Resource Description: This resource is designed to build connection amongst your students. Just print out the interview and guide your class through the questions. You may like to brainstorm some responses beforehand.

Students pair up and take turns interviewing each other, recording their partner's answers. You can repeat this activity with different peers at different times.

Additionally, students fill out the interview sheet themselves and discuss their responses in small groups.

Gather interview responses to create a class collection or anchor chart showcasing various ways to improve mental fitness, in particular, recording ways students look after themselves when they're feeling down.

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') and Social Connectedness ('Embrace your village')

Let's build our mental fitness together

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Mental Fitness Interview

Name: _____

Date: _____

Pair up with a classmate and use this form to interview each other about your mental fitness practices.



Name of Partner

What do you do to look after your Mental Fitness?

What makes you feel happy and content?

How do you take care of yourself when you're feeling tired or down?

What does Mental Fitness mean to you?

Let's build our mental fitness together

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Mental Fitness Interview

Name: _____

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What do you do to look after your Mental Fitness?

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