



Mental Fitness Reflection

Year K-2

Students use this journal to reflect and record their mental fitness practices.

Year: K-2

Curriculum: AUS V9

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

Resource Description: Encourage students to use the prompts provided in this resource to engage in regular reflection and document their mental fitness practices.

This journaling task offers students valuable opportunities to reflect on their thoughts, emotions and behaviours, fostering deeper self-awareness regarding their mental fitness.

For younger students, consider reviewing the prompts together and brainstorming suggested responses as a group activity. Encourage students to share their ideas with the class to foster connections and promote collaboration. This approach cultivates a sense of community and encourages students to engage in meaningful discussions about their mental fitness.

Resource Objective: Mental Fitness Mind Break

Most suitable time to integrate this resource: At natural transition times, after physical activity sessions or when you need to help students quieten their minds and be ready to learn. Choosing a regular time each week to complete this reflection is also an effective way to build healthy habits.

Gotcha4Life Protective Factor link: Emotional Adaptability ('Build your emotional muscles') and Social Connectedness ('Embrace your village')

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Mental Fitness Reflection

Date : _____

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M T W T F S S

How I feel about today:



Why do I feel this way?



What makes me feel good?

Who are the people who love and care about me?

I feel relaxed when...

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