

Move for the Mind

Session timing: 45 – 60 mins

Key aims:

- Understand what mental health is
- Understand the importance of HEALTHY coping skills
- Have a wider concept of what constitutes as movement
- Understand the benefits exercise has on our wellbeing

Success Criteria:

- I know why we need to develop coping skills
- I can explain what a healthy coping skill is
- I know the different ways in which we can exercise
- I can see how the 5 ways to wellbeing link to the different types of exercise

Resources:

- Chelsea Scratch card
- My game plan take home sheet
- Soft tennis ball sized balls
- Hoola Hoops/mats
- Space for equipment and physical activity
- Blindfolds
- Football
- Cones
- Yoga mats



Part 1

Key Aim: Understanding that Mental Health is not a fixed state

What do we mean by mental health?

“A state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.” – World Health Organisation

Juggling our stressors interactive game. (Further info [here](#))

Key aims of the activity/questions:

- Balls represent stressors/factors that have a negative impact on our mood
- How easy is juggling one ball, Vs juggling three or four?
- Can we get better at juggling multiple balls?
- Why might this relate to our mental health?
- What can we do to make dealing with the stress of life more manageable? (develop coping mechanisms)



Part 2

Key Aim: Understanding coping mechanisms

What are coping mechanisms: conscious strategies or skills that we used to reduce unpleasant and uncomfortable emotions or situations. These skills can be thoughts or behaviours and can be individual or social.

Negative examples:

- Negative self-talk
- Isolation
- Substance abuse
- Overworking
- Avoidance

Positive examples:

- Physical activity
- Positive self-talk/reframing
- Journaling
- Mindfulness/meditation
- Social support

Touch metaphor, interactive task. (Further info [here](#))

Key aims of the activity/questions:

- We tend to react to situations in the same way
- By working with others we might find better/different solutions
- Engaging in new hobbies/interests can result in more coping skills





Part 3

5 Ways to Wellbeing Scratch Card

Key Aim: Understanding the positive effects of exercise

1. Get Active

Simon says pulse raiser (exercise plan [here](#))

- Exercises our muscles
- Releases endorphins
- Distracts the mind
- Positively effects our mood
- Improves cognitive functioning

2. Learn

Juggling (exercise plan [here](#))

- Mindful movement
- Distracts the mind
- Give us a sense of self-mastery
- Improved self-esteem

3. Connect

Hula Hoop Relay Race (exercise plan [here](#))

- Social interaction
- Sense of belonging
- Build social skills
- Feel valued



5 Ways to Wellbeing Scratch Card

4. Give

Blindfold obstacle course (exercise plan [here](#))

- Feel good factor from helping others
- Connect with others
- Increased sense of self-worth
- Improve communication skills

5. Take Notice

Yoga and body scan (exercise plan [here](#))

- Increased self-awareness
- Improved emotional regulation
- Decreased stress and anxiety
- Improved sleep

Part 4

Evaluating Impact

1. Do you understand what a stressor is?
2. Do you understand the importance of healthy coping skills?
3. Do you have a better understanding of why you should exercise?
4. Do you feel motivated to engage in physical activity?

