

WELLBEING WORKOUT VIDEO SERIES



What:

Hosted by their favourite characters from *THE MIND MASTERS*, students are guided through a series of quick, simple and practical 3-minute classroom exercises that support their mental health and wellbeing, and reinforce the four learning points of Project Mindset.

- **Video 1: Mindfulness - Sensory Scavenger Hunt** with U.R. Fired
- **Video 2: Stress - Square Breathing** with James Blonde
- **Video 3: Physical Health Supports Mental Health - Classroom Stretching** with Cat Nip
- **Video 4: Resilience - Bounce Back** with Bingo

Why:

Regular and repeated wellbeing practices in the classroom can help your students foster a positive mindset, build resilience, and better cope with stress, guiding them towards long-term, positive mental health outcomes. Healthy kids make better learners.

- **Enhance Student Wellbeing:** Support mental and physical health
- **Improve Focus and Attention:** Help students stay calm and attentive
- **Manage Stress:** Provide tools to manage stress effectively
- **Promote Resilience:** Build coping skills for challenges

How:

- **Easy to Implement:** Each video is short and designed to fit seamlessly into your daily schedule, bringing focus to your class time.
- **No Special Equipment Needed:** All exercises can be done in the classroom without any extra materials.
- **Step-by-Step Guidance:** Videos guide students through each activity placing no burden on teachers.

When:

- **Daily, Weekly or Fortnightly Routine:** Integrate one video per day/per week/per fortnight at a consistent time – whatever suits each classroom teacher (e.g. after morning announcements to kickstart the day, or after lunch to refocus the lesson).
- **Transitions:** Use videos during transitions between subjects to refocus and re-energise students.
- **Restless Moments:** Play a video whenever students seem particularly restless.
- **Start or End of Day:** Use as a calming start or a reflective end to the school day.

Tips:

- **Consistency is Key:** Regular use, at any intervals that suit, will help reinforce the key ideas and create a long term, student support system.
- **Encourage Participation:** The program is fun and engaging, so encourage all students to participate.
- **Join in:** Participate with your students to showcase positive behaviour, provide support if necessary, and emphasise the importance of these exercises.