

WHAT'S ON YOUR MIND? WITH DR ALEX: FOLLOW UP DISCUSSION POINTS & ACTIVITIES



BEING ACTIVE

Activity 1: Physical and mental wellbeing: true or false?

- Complete the 'Physical and mental wellbeing: true or false?' statement activity sheet
- Then, in pairs, discuss the correct answers

Activity 2: Strategies to support mental and physical wellbeing

After completing this, use two different coloured pens to group the 'true' statements from activity 1 into strategies that support:

- Mental wellbeing
- Physical wellbeing

In pairs, explain your choices and answer the questions:

- Were your choices the same?
- Why do you think this happened?

Activity 3: The benefits of exercise on physical and mental wellbeing

Working in small groups, create a blog post or poster to show your understanding of the following:

- The benefits of exercise on physical and mental wellbeing.

Options for follow up physical activity sessions:

A list of suggested physical activities to do before, during, and after the school day can be found at Your School Games:

<https://www.yourschoolgames.com/active-recovery/>

