

# What I enjoy doing



This is a memory game that involves making lists. Students will learn about Act Belong Commit mentally healthy activities through this activity.

## Resources required:

- Teacher to have paper and a pen [optional]
- 8 students or more

## Steps:

1. Write the statement "What I enjoy doing - things that are good for my mental health" on the board
2. Start a discussion about things we enjoy doing and how they make us feel
3. Sit students in a circle. Ask each student to choose something that really supports their wellbeing (makes them feel good).
4. Ask the first student to fill in the blank with whatever he or she does for their wellbeing. For example, 'I enjoy playing basketball'. The second student would add their own answer: "I enjoy playing basketball and baking with my mum".
5. The remaining students repeat the sentence with the list of things mentioned by the other students and also add what they enjoy doing. For example, 'I enjoy playing basketball, baking with my mum, dancing, helping others, playing music'.
6. The students must remember the items mentioned by the others. If they miss one, they are out of the game.