



Mentally Healthy WA

Mentally Healthy Schools

Classroom Activities Upper Primary School



For more information or assistance get in touch with the Mentally Healthy Schools program:

(08) 9266 1705 actbelongcommit@curtin.edu.au actbelongcommit.org.au

List of Activities: Teacher Outline

Included in this pack are a number of activities aimed at upper primary school students which help to address mental health and wellbeing within the classroom or wider school setting. Links are provided so you can access printable versions, order hard copies or even hire components for larger activities.

- 1. Mentally Healthy Word Search** WORKSHEET
- 2. Belonging: How to make friends** INDIVIDUAL ACTIVITY
- 3. Belonging: Being a great mate** WORKSHEET
- 4. Emotion Cards** GROUP ACTIVITY
- 5. Mindful Colouring** WORKSHEET
- 6. Bunting** GROUP ACTIVITY
- 7. Icebreaker BINGO** GROUP ACTIVITY
- 8. What I Enjoy Doing** INDIVIDUAL ACTIVITY
- 9. Weekly Planner** WORKSHEET
- 10. Act Belong Commit Pledge Wall** GROUP ACTIVITY

1. Mentally Healthy Word Search

Students can be mentally active while doing this word search and learn about different mentally healthy activities at the same time.

[Click here to download this resource](#)

Word Search

Doing puzzles and games can keep our brain strong and help us focus on something productive. The words below are activities that can make us feel good. Search for these words and think about how many of these you do every week.

BREATHE DEEPLY	LISTEN TO MUSIC	DO A PUZZLE
PLAY A SPORT	HELP OTHERS	BE KIND
SET A GOAL	FRIENDS	READ
FAMILY	DANCE	SING
LEARN	GET OUTSIDE	BAKE

ELLNTLNYIMBSBHRUNGYPWV
GR I IOWUJIBRRBKDDAPUZZLED
SOSCLPSPRHEHEKIOEWSZITSNM
MFTENLOUAHLWALIEELIOLKKS
YBEJOKUACDPLIFTDQOZCNCELV
IKNTIIGPHOZEJWHKONGVYP
SETRFFLIQHTOUACFEHWEXUYTU
GWPHEVEDHROENLQDQGGJ
ZOMJTMKUKDEZEDDDEBEMKCBWY
QTIUZZCALFNBQEEZDFEYVRRIG
AMSBTOXUYVSAMAQRKHNPLGLW
ACIZOALXSNTHOLKMHUJLPSNLI
SKCZVMYJCGBXLJHKENHFXYI H
BIFPSKLYFTCHWVWTDZMMLCOI
QXCLLVYVTLGLVWHDFGXSUOKL
RDCGNIJCSGEBADAMSVCFBOS
TNDKGVQVEJSTYBAGZNGIAAVDJ
AJWNNIZTSOADLNCVLAHKWKH
WFEPKXSAXKUSDDCUTLIEEJS
PWRHTOXQXBTFPOFQVCONLTZMK
OAKTCXEPQZDSOLXILLHOYIHG
YFICZMAAIIIRZQOAGPGXZAI
PRCHNCMLBSDTAUCRTIHONMOO
RRZHIEBRYAWERGGFTUWLEDNCE
JNNGTIGCEPHWPNLQDXYGKISW

There are lots of things we can do for our mental health and wellbeing.
Find out more at actbelongcommit.org.au

Word Search continued

Answer key:

ELLNTLNYIMBSBHRUNGYPWV
GR I IOWUJIBRRBKDDAPUZZLED
SOSCLPSPRHEHEKIOEWSZITSNM
MFTENLOUAHLWALIEELIOLKKS
YBEJOKUACDPLIFTDQOZCNCELV
IKNTIIGPHOZEJWHKONGVYP
SETRFFLIQHTOUACFEHWEXUYTU
GWPHEVEDHROENLQDQGGJ
ZOMJTMKUKDEZEDDDEBEMKCBWY
QTIUZZCALFNBQEEZDFEYVRRIG
AMSBTOXUYVSAMAQRKHNPLGLW
ACIZOALXSNTHOLKMHUJLPSNLI
SKCZVMYJCGBXLJHKENHFXYI H
BIFPSKLYFTCHWVWTDZMMLCOI
QXCLLVYVTLGLVWHDFGXSUOKL
RDCGNIJCSGEBADAMSVCFBOS
TNDKGVQVEJSTYBAGZNGIAAVDJ
AJWNNIZTSOADLNCVLAHKWKH
WFEPKXSAXKUSDDCUTLIEEJS
PWRHTOXQXBTFPOFQVCONLTZMK
OAKTCXEPQZDSOLXILLHOYIHG
YFICZMAAIIIRZQOAGPGXZAI
PRCHNCMLBSDTAUCRTIHONMOO
RRZHIEBRYAWERGGFTUWLEDNCE
JNNGTIGCEPHWPNLQDXYGKISW

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2. Belonging: How to make friends

Having confidence in who we are and knowing our strengths leads to healthier relationships and an increased sense of belonging. This activity encourages students to reflect on their strengths and to be proud of who they are. [Click here to download this resource](#)

Belonging: How to make friends

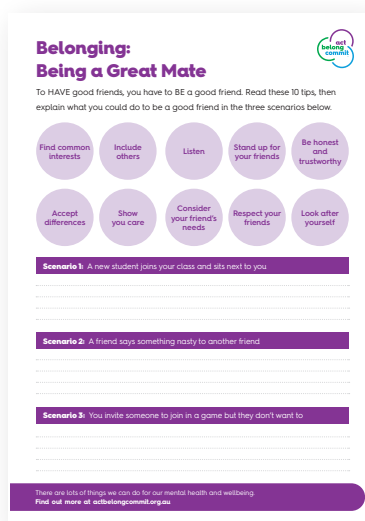
One of the most important ways to improve and maintain your friendships is to be your own friend first. This means you should be yourself, respect yourself and follow your values. Don't fall into the trap of peer pressure or trying too hard to fit in. People don't want to be friends with a 'take-you', they want to know the 'real-you'!

Think about the values that mean the most to you. Are they hard-work, kindness, strength, trust, loyalty - or something else? Use these values to create a personal crest and motto for yourself. If you need inspiration, check out your school crest and motto.

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3. Belonging: Being a great mate

Friends help you feel connected which is good for our mental health and wellbeing. This activity helps to equip students with tips on how to make strong friendships. [Click here to download this resource](#)



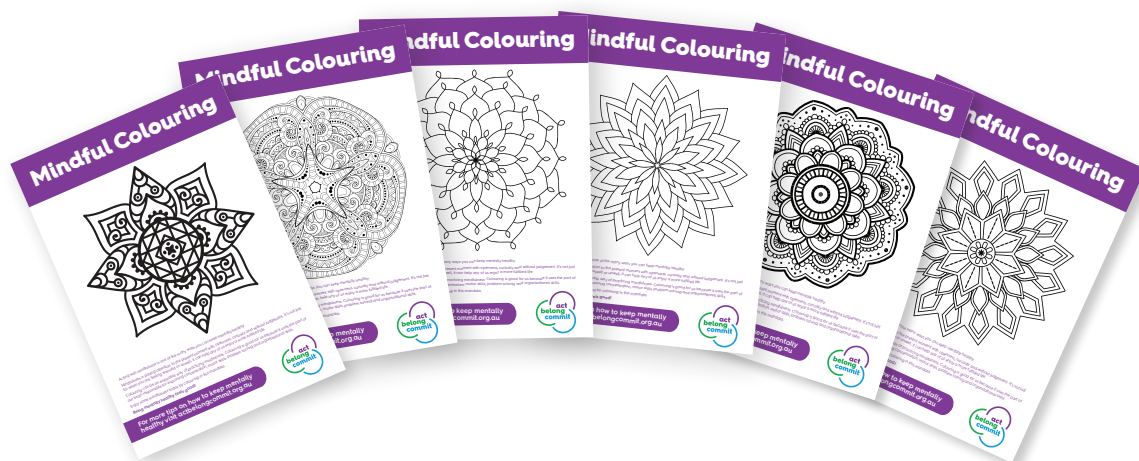
4. Emotion Cards

These Emotion Cards are designed to encourage children to explore and reflect upon their feelings, helping them to identify and understand their emotions through a variety of fun activities. Find out more [here](#) including how to order Emotion Card packs which incorporate multiple activities to run in the classroom.



5. Mindful Colouring

Acting with mindfulness is one of the many ways to help keep mentally healthy. Colouring can be an enjoyable way of practicing mindfulness. Students can select from six mandala designs and enjoy some mindfulness by colouring. You could display the finished artwork to create a mindful wall in the classroom. [Click here to download this resource](#)



6. Bunting

Ask students to complete Act Belong Commit bunting for homework or in class to promote mindfulness. Hang it up in the classroom or around the school to support the message.

[Click here to download this resource](#)



7. Icebreaker BINGO

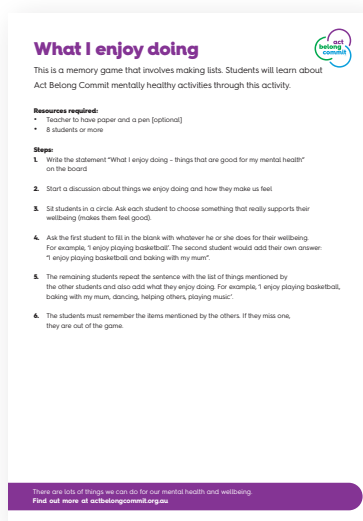
This activity encourages students to think about mentally healthy activities while socialising and getting to know others.

[Click here to download this resource](#)



8. What I Enjoy Doing

This quick group activity is a fun way to encourage students to think about and express what they do to Act Belong and Commit for good mental health. [Click here to download this resource](#)



9. Weekly Planner

This activity motivates students to do mentally healthy activities by helping them plan what to do, aligning with the three principles Act Belong Commit. [Click here to download this resource](#)

WEEKLY PLANNER

Use this planner to make time in your day to get active, connect with others and commit to something meaningful.

Mentally Healthy WA

What I'd like to achieve this week:

.....

.....

.....

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Act							
Belong							
Commit							

Act Do something

Things like...

- Get out in nature and play outside
- Get creative, make some art
- Read a book
- Dance and sing
- Go for a walk

Belong Do something with someone.

Things like...

- Check out what's on in your local community
- Tackle a board game with someone in your family
- What interests you? See if you can find a local club or group to join

Commit Do something meaningful.

Things like...

- Learn or try something new
- Challenge yourself to reach a new goal, e.g., improve in your favourite sport
- Offer to help someone in your family

The highlight of my week was:

Being mentally healthy feels good.
For more information, tips and inspiration visit actbelongcommit.org.au

10. Pledge Wall

Goal setting is an effective way to increase motivation and helps guide focus in a healthy way. This activity discusses mentally healthy activities and encourages students to pledge and work towards mentally healthy goals.

[Click here to download this resource](#)

Act Belong Commit Pledge Wall

This is a goal setting activity that encourages students to pledge what they will do for their mental health. Goal setting is an effective way to increase motivation and helps guide focus in a healthy way. This activity discusses mentally healthy activities and encourages students to pledge and work towards a mentally healthy goal.

Resources required:

- Act Belong Commit Pledge Wall (available for hire) or DIY with white board or butcher paper
- Act Belong Commit pledge stickers (available to order) or sticky notes
- Pens

Steps:

1. Start a discussion about the three principles of Act Belong Commit.
2. Ask students to share what they do for their wellbeing. What do they enjoy? Are there areas they could work on? Could they be more physically active or help out more at home?
3. Introduce Goal Setting and discuss how working towards and achieving a goal can be rewarding and give us meaning or purpose in life which is good for our mental health.
4. Explain to students that their goal needs to be realistic and specific. A goal like 'get better at maths' is not specific, so it will be hard to keep on track. A goal like 'get 100% on my next Maths test' is more specific but may not be realistic for many people. Choose a goal that is achievable for you, like 'improve my Maths score by 10%'.
5. Talk about the things they will need to do to reach their goal. For example, if their goal is to get into the school band, they may plan to practice guitar for 20minutes each morning before school.
6. Give the students time to write down their goal/pledge encouraging specific and realistic goals that have an action plan.
7. Once their pledges are done, stick these on the pledge wall and keep it in a visible place.
8. Encourage checking in regularly to make sure they're on track. Ask students to picture themselves reaching their goal and reflect on their progress. If they need to, students can revise their pledge. It's better to change your goal than to give up altogether.
9. Encourage celebrating accomplishments!

PLEASE CLICK HERE TO HIRE A PLEDGE WALL
AND HERE TO ORDER PLEDGE STICKERS

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