



Mentally Healthy WA

# Mentally Healthy Schools

# Classroom Activities

## Lower High School



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

(08) 9266 1705    [actbelongcommit@curtin.edu.au](mailto:actbelongcommit@curtin.edu.au)    [actbelongcommit.org.au](http://actbelongcommit.org.au)

# List of Activities: Teacher Outline

Included in this pack are a number of activities aimed at early high 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 Crossword Puzzle** WORKSHEET

## 2. **Word Scramble** WORKSHEET

## 3. **Icebreaker BINGO** GROUP ACTIVITY

## 4. **Take Action** WORKSHEET

## 5. **Goal Setters are Go Getters** WORKSHEET

## 6. **Weekly Planner** WORKSHEET

## 7. **Reflection Journal** INDIVIDUAL ACTIVITY

## 8. **Mindful Colouring** INDIVIDUAL ACTIVITY

## 9. **Bunting** GROUP ACTIVITY

# 1. Mentally Healthy Crossword Puzzle, and

## 2. Word Scramble

Students can be mentally active while doing this word scramble or crossword puzzle and learn about different mentally healthy activities at the same time. [Click here to download the Crossword Puzzle and here to download the Word Scramble](#)

### Crossword Puzzle

Doing puzzles and games can keep our brain strong and help us focus on something productive. Write the mentally healthy answers in their correct location to complete the puzzle.

**Down:**

- To give attention with the ear (6)
- To send a hand (4)
- Mixing ingredients to create food (7)
- Eating or chatting on a rug outdoors (8)
- Members who play a sport together (6)
- Random act of \_\_\_\_\_ (8)
- Daily appreciation of aspects of your life (9)
- Giving your items to those less fortunate (6)
- To create an image with a pencil (4)

**Across:**

- Work towards something. Setting a \_\_\_\_ (4)
- A non-related person that you care about (6)
- Moving your body to music (7)
- Agging but faster (7)
- Give something a go (5)
- Cultural customs (10)

**ANSWERS**

1. Listen 2. Help 3. Cooking 4. Gift 5. Piece 6. Team 7. Friend 8. Express 9. Practice 10. Customs

There are lots of things we can do for our mental health and wellbeing. Find out more at [actbelongcommit.org.au](http://actbelongcommit.org.au)

### Unscramble Puzzle

Doing puzzles and games can keep our brain strong and help us focus on something productive. Unscramble the following mentally healthy activities.

liaetoinmd \_\_\_\_\_ rlaen smthioegn wne \_\_\_\_\_

eseecixr \_\_\_\_\_ tge drolouos \_\_\_\_\_

gihandc \_\_\_\_\_ drfi a bhoby \_\_\_\_\_

levonerlu \_\_\_\_\_ dnfrise \_\_\_\_\_

oijn a bluc \_\_\_\_\_ Npe herots \_\_\_\_\_

tse a aogil \_\_\_\_\_ crrneoct of syor ctliureu \_\_\_\_\_

mifaly \_\_\_\_\_

**ANSWERS**

1. Listen 2. Help 3. Cooking 4. Gift 5. Piece 6. Team 7. Friend 8. Express 9. Practice 10. Customs

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### 3. Ice Breaker BINGO

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

[Click here to download this resource](#)

### Mentally Healthy Icebreaker Bingo

Find ways that your classmates keep mentally healthy. Write a different person's name below for each activity.

Find someone who:

Made their bed this morning	Loves spending time with animals	Has been out walking in nature recently	Helped do the dishes last night	Plays a musical instrument
Visited family or friends recently	Is a part of a sporting club	Has created something arty recently	Is in the process of reading a book	Has the same favourite song as you
Learned something new recently	Has done something adventurous	Helped a neighbour recently	Has the same favourite movie as you	Has written a poem or song
Helped with gardening	Regularly does chores at home	Enjoys dancing	Learned a new recipe	Played a board game recently

For good mental health:  
**Act** - do something!  
**Belong** - do something with someone.  
**Commit** - do something meaningful.

Being mentally healthy feels good! For more tips visit [actbelongcommit.org.au](http://actbelongcommit.org.au)

## 4. Take Action

Students can learn about the different ways to keep active for good mental health – physically, mentally, socially, spiritually, and culturally. They also get to think about how they can put their learnings into practice.

[Click here to download this resource](#)

**Take Action**

There are many ways to be active - physically, mentally, socially, spiritually and culturally. Lots of activities you enjoy will fit into more than one activity category. For example, someone who participates in a church choir is being mentally, socially, spiritually and culturally active - all at the same time!

Write each heading into the correct space in the image.

Physical   Mental   Social   Spiritual   Cultural

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**Take Action (continued)**

Match the activity with the correct category.

Do a puzzle  
Call a friend  
Cook a traditional family meal  
Go for a walk  
Listen to a guided meditation

Physically Active  
Mentally Active  
Socially Active  
Spiritually Active  
Culturally Active

Fill in the below table with activities you currently do for each category and a suggestion for something you can try.

Active	What do you do?	What will you do
Mentally		
Physically		
Socially		
Spiritually		
Culturally		

Remember, different types of activities work for different people - you don't have to tick the box on all the ways to be active as long as you are doing something.

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## 5. Goal Setters are Go Getters

Goal setting is an effective way to increase motivation and helps guide focus in a healthy way. This activity explains goal setting and guides students through a process to set a goal for the year ahead. This activity can be added to the pledge wall, referenced in this worksheet.

[Click here to download this resource](#)

**Goal Setters are go-getters.**

Not everything in life is easy or instantaneous, so sooner or later everyone learns that sometimes you need to work and practise to get what you want. Although it might feel hard at times, achievements that you work for can feel more satisfying, and reaching a goal can provide a sense of accomplishment - boosting your self-confidence and self-esteem.

Setting a significant or long-term goal isn't quite as simple as deciding what you want and hoping it happens. To give yourself the best chance for success, some planning is needed. You'll need to think about a realistic goal, the steps you'll need to take to get you there, and how you'll know when you've achieved the goal.

**1. Choose a realistic and specific goal**  
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%'.

**2. Create an action plan**  
Think about the things you'll need to do to reach your goal. For example, if your goal is to get into the school band, you may plan to practise guitar for 20 minutes each morning before school.

**3. Check in with your goal**  
Check in regularly to make sure you're on track. Pictue yourself reaching your goal and reflect on your progress. If you need to, revise your plan. It's better to change your goal than to give up altogether.

**4. Celebrate accomplishments**  
If you reach your goal - celebrat! You can set a new goal, but make sure you give yourself a pat on the back first.

There are lots of things we can do for our mental health and wellbeing. Find out more at [actbelongcommit.org.au](http://actbelongcommit.org.au)

**Goal Setters are go-getters (continued).**

Think about a goal you'd like to achieve by the end of this year and complete the sentences. Your goal could be academic, physical, social, or related to one of your hobbies or interests.

**My goal is**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**To reach my goal I will**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**I will know I have reached my goal when**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**I will celebrate achieving my goal by**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

There are lots of things we can do for our mental health and wellbeing. Find out more at [actbelongcommit.org.au](http://actbelongcommit.org.au)

## 6. 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** What I'd like to achieve this week: \_\_\_\_\_

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Act</b>							
<b>Belong</b>							
<b>Commit</b>							

**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

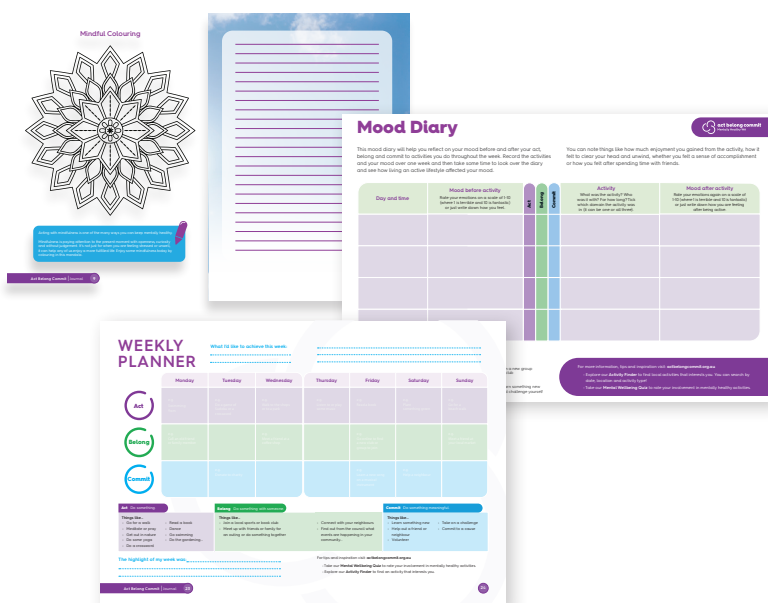
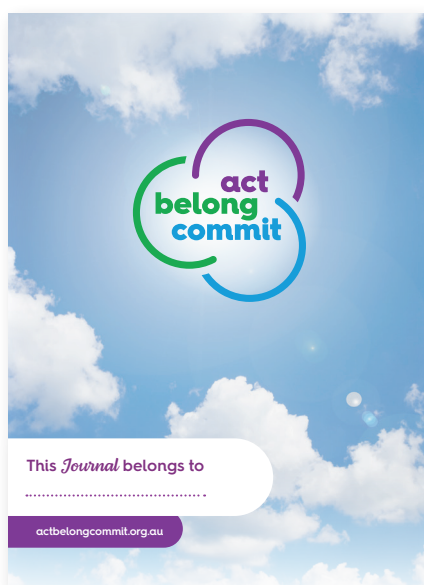
The highlight of my week was: \_\_\_\_\_

Being mentally healthy feels good.  
 For more information, tips and inspiration visit [actbelongcommit.org.au](http://actbelongcommit.org.au)

## 7. Reflection Journal

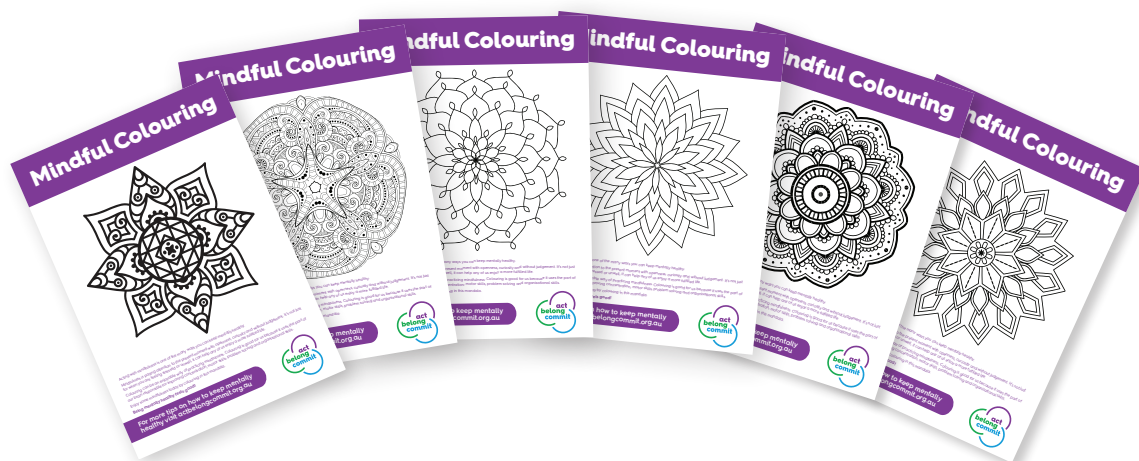
The Act Belong Commit Journal encourages students to think, write, draw and dream while they consider mental health and wellbeing. It includes the Weekly Planner, Mood Diary and Mindful Colouring.

[Click here to download this resource or here to purchase hard copies.](#)



## 8. 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](#)



## 9. 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](#)





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