

Benefits of being Mentally active



Just as our body performs better when we are physically fit, so too does our mind when we are mentally fit.

Learning something new, or achieving something mentally (e.g. solving a puzzle) contributes to feelings of self-confidence and belief in one's abilities.

Try doing things you enjoy doing, it increases the chances of doing it more which has improved mental health benefits. When we are keeping our brain active, we are less likely to be focusing on stressors and worries and instead working on something productive.



Here are some suggestions on how to be mentally active at school:

In the classroom

- Offer brain puzzles – our word search, unscramble and crossword sheets are available here:



actbelongcommit.org.au/programs-initiatives/mentally-healthy-schools/

- Set up a sensory or colouring corner in the classroom:



[twinkl.com.au/teaching-wiki/sensory-corner](https://www.twinkl.com.au/teaching-wiki/sensory-corner)

- Fill in our 'Take Action' worksheet:



actbelongcommit.org.au/wp-content/uploads/2023/01/Take_Action_Worksheet.pdf

- Do a maths puzzle or riddle each morning to stimulate mental activity.
- Provide opportunities for science investigations.
- Allow students to write freely and creatively.
- Play silent ball.
- Play Simon Says.
- Allow students the opportunity to build something (e.g. blocks, lego or a robot for older students).

Whole of school

- Start a school book club.
- Set up groups to bring together like-minded students e.g. maths club, chess club etc.
- Ensure students have opportunities to participate in arts and music.

During break times

- Put board games out at lunch time.
- Allow students access to books at break times.
- Set up a sensory room near student support services.

