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/

· Do a maths puzzle or riddle each morning to stimulate mental activity.

During break times

· Put board games out at lunch time.

· Have staff/student puzzle or game competitions.

· Allow students access to books at break times.

Whole of school

· Start a school or year group book club.

· Encourage groups that promote mental activity e.g. maths club, chess club etc.

· Engage in state or national competitions for these activities.

· Ensure students have opportunities to participate in arts and music.