

5 Minute Mental Fitness Boosters: Focus



Our Mental Fitness-boosting activities can become proactive tools to implement in your classroom to assist with emotional regulation and to shift the energy and learning experience in the classroom.

Our Mental Fitness Boosters provide an opportunity for students to reset, and give their brains and bodies a moment to relax, ready for the next experience in the classroom.

The mental fitness boosters listed below can be completed within a 5 to 10 minute timeframe.

Aim: Enhance focus and readiness to learn in your classroom with these exercises.

Use these exercises:

- To help students concentrate.
- Following sport or as a transition.
- At the end of the day.

These exercises enhance focus, concentration, critical thinking, problem-solving, and memory retention. They are effective during transitions, after cognitive tasks and before/after high-energy activities, promoting emotional regulation and optimising readiness for learning.

Let's build our mental fitness together

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5 Minute Mental Fitness Boosters: Focus



Mindfulness Colouring

Resource required: Mindfulness colouring sheets.

To shift the room's energy, try mindfulness colouring. Prepare a variety of black and white sheets for students to engage with. Play calming background music to enhance the sense of tranquillity and concentration.

Play a Word Game

Choose a word game for your students to play, such as find-a-words, crosswords, or games like Taboo or Scattergories. Engaging in these activities offers students an interactive opportunity to enhance and refine their focus, concentration, and cognitive abilities.

Brain Teasers

Offer students a brief riddle or puzzle to tackle, encouraging the development of critical thinking skills. These can be solved individually or in small groups, with time provided for brainstorming solutions. If it's their first time encountering a brain teaser, consider demonstrating the problem-solving process as a guide.

I'm tall when I'm young and short when I'm old. What am I?

Solution: A candle.

What has keys but can't open locks?

Solution: A piano.

What has a head and a tail but no body?

Solution: A coin.

What has to be broken before you can use it?

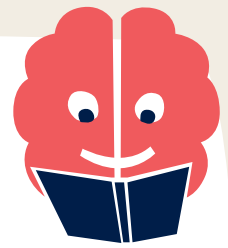
Solution: An egg.

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5 Minute Mental Fitness Boosters: Focus



Gratitude Journal

Resource required: Spare workbook or sheet of paper to journal on.

A gratitude journal serves as a powerful tool to help children cultivate focus by promoting positive emotions, mindfulness, and emotional regulation. Some prompts include:

- What made you smile today?
- Write about someone who helped you today and why you're grateful for them.
- Describe a favourite memory and why it brings you joy.
- List three things in nature that you appreciate and why.
- Reflect on a challenge you overcame and what you learned from it.
- Write about a favourite food or meal and why you're thankful for it.

MAKING MENTAL FITNESS A HABIT

Integrating Mental Fitness Boosters in the classroom can equip students with practical strategies for managing their emotions and adapting to challenges. Regular practice of these activities can help students to recognise and respond to their emotional needs independently, fostering emotional adaptability.

For educators, the responsibility of nurturing students' mental fitness and wellbeing can be both rewarding and demanding, underscoring the importance of self-care for teachers too!

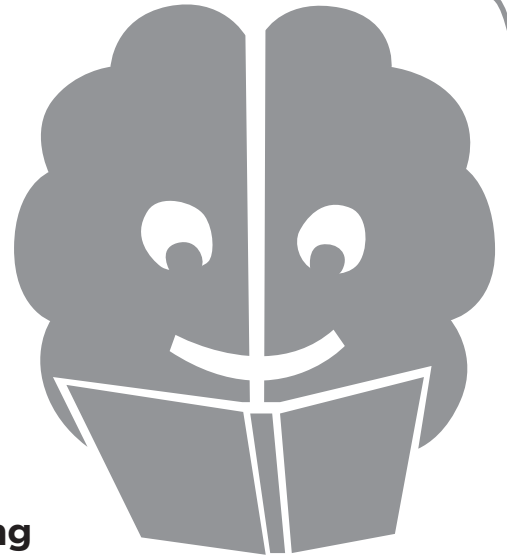
We hope our Mental Fitness Boosters can also serve as a reminder for educators to pause and rejuvenate, too. When you prioritise your mental fitness, you'll enhance your capacity to support your students.

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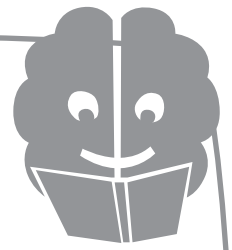
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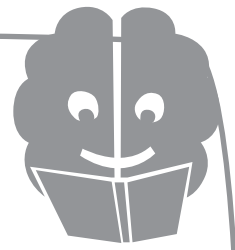
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