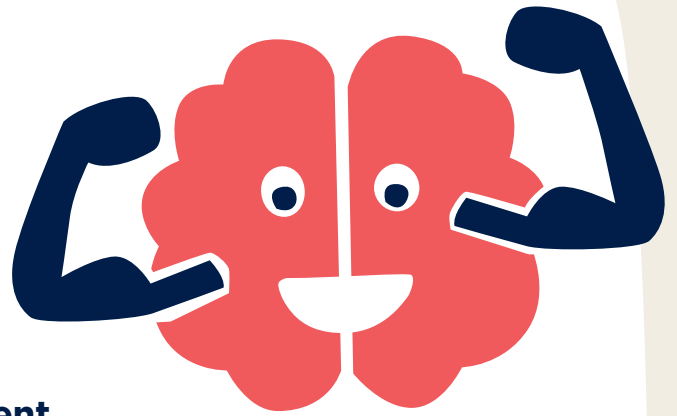


# 5 Minute Mental Fitness Boosters: Motivators



**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:** Elevate mental fitness in your classroom with these motivational exercises.

## **Use these exercises:**

- During morning routines.
- Before lessons.
- As a brain booster to invigorate the mind.

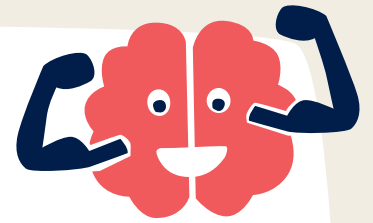
These invigorating exercises offer students a chance to reawaken their minds after periods of sitting, listening, or writing. By increasing blood flow to the brain and triggering the release of mood-enhancing hormones, these activities serve multiple purposes, including aiding in transitions, calming after recess, energising in the morning, and fostering class connection.

## **Let's build our mental fitness together**

© Gotcha4Life Foundation. You are free to redistribute this resource in any medium for non-commercial purposes. Attribution should be given to Gotcha4Life Foundation, [gotcha4life.org](https://gotcha4life.org)



# 5 Minute Mental Fitness Boosters: Motivators



## Do this, Do that

This game resembles Simon Says. The teacher will demonstrate various movements, saying “Do this,” and students will imitate each action, such as patting their heads, hopping, or reaching high. The students keep copying until the teacher says “Do that.” If students repeat the “Do that” action, they must perform 5 star jumps to rejoin the game.

## Move and Match

In pairs or trios, students take turns leading movements while their partners mirror them like a reflection. Encourage leaders to vary the pace, style and directions of their movements. After a few minutes, switch roles, allowing everyone a chance to move and match.

## Silent Ball

*Resource required: 1 tennis ball*

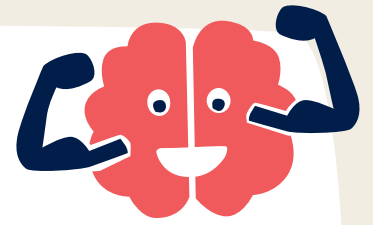
Ask students to scatter across the room. Ask them to pass the ball silently using underarm throws, aiming to catch it as the ball is passed around. If missed, they stand on one leg. Ensure nobody catches the ball twice until everyone has had a chance. Additional challenges like introducing a second ball or limitations such as using one hand behind the back, the opposite leg, or kneeling can be added for extra difficulty. For younger children a larger soft ball could be used.

**Let's build our mental fitness together**

© Gotcha4Life Foundation. You are free to redistribute this resource in any medium for non-commercial purposes. Attribution should be given to Gotcha4Life Foundation, [gotcha4life.org](http://gotcha4life.org)



# 5 Minute Mental Fitness Boosters: Motivators



## Roam around the Room

This activity can take place indoors or outdoors. The teacher will give instructions, and students will move accordingly without touching others. Instructions may include phrases like “Roam the room” ...

- As tall as a tree
- As quietly as you can
- With legs made of bricks
- At a dance party
- On a space explorer expedition
- Walking on a tightrope
- With a superhero stride

## 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!

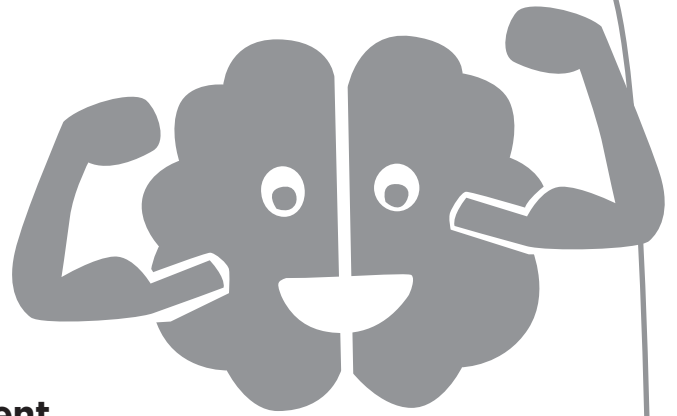
We hope our Mental Fitness Boosters can also serve as a reminder for educators to pause and rejuvenate, too. When you prioritise your mental fitness, you’ll enhance your capacity to support your students.

**Let’s build our mental fitness together**

© Gotcha4Life Foundation. You are free to redistribute this resource in any medium for non-commercial purposes. Attribution should be given to Gotcha4Life Foundation, [gotcha4life.org](https://gotcha4life.org)



# 5 Minute Mental Fitness Boosters: Motivators



**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:** Elevate mental fitness in your classroom with these motivational exercises.

## **Use these exercises:**

- During morning routines.
- Before lessons.
- As a brain booster to invigorate the mind.

These invigorating exercises offer students a chance to reawaken their minds after periods of sitting, listening, or writing. By increasing blood flow to the brain and triggering the release of mood-enhancing hormones, these activities serve multiple purposes, including aiding in transitions, calming after recess, energising in the morning, and fostering class connection.

## Let's build our mental fitness together

© Gotcha4Life Foundation. You are free to redistribute this resource in any medium for non-commercial purposes. Attribution should be given to Gotcha4Life Foundation, [gotcha4life.org](http://gotcha4life.org)



# 5 Minute Mental Fitness Boosters: Motivators



## Do this, Do that

This game resembles Simon Says. The teacher will demonstrate various movements, saying “Do this,” and students will imitate each action, such as patting their heads, hopping, or reaching high. The students keep copying until the teacher says “Do that.” If students repeat the “Do that” action, they must perform 5 star jumps to rejoin the game.

## Move and Match

In pairs or trios, students take turns leading movements while their partners mirror them like a reflection. Encourage leaders to vary the pace, style and directions of their movements. After a few minutes, switch roles, allowing everyone a chance to move and match.

## Silent Ball

*Resource required: 1 tennis ball*

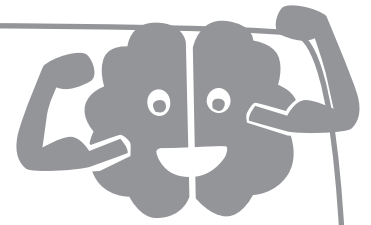
Ask students to scatter across the room. Ask them to pass the ball silently using underarm throws, aiming to catch it as the ball is passed around. If missed, they stand on one leg. Ensure nobody catches the ball twice until everyone has had a chance. Additional challenges like introducing a second ball or limitations such as using one hand behind the back, the opposite leg, or kneeling can be added for extra difficulty. For younger children a larger soft ball could be used.

**Let's build our mental fitness together**

© Gotcha4Life Foundation. You are free to redistribute this resource in any medium for non-commercial purposes. Attribution should be given to Gotcha4Life Foundation, [gotcha4life.org](http://gotcha4life.org)



# 5 Minute Mental Fitness Boosters: Motivators



## Roam around the Room

This activity can take place indoors or outdoors. The teacher will give instructions, and students will move accordingly without touching others. Instructions may include phrases like “Roam the room” ...

- As tall as a tree
- As quietly as you can
- With legs made of bricks
- At a dance party
- On a space explorer expedition
- Walking on a tightrope
- With a superhero stride

## 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.

## Let’s build our mental fitness together

© Gotcha4Life Foundation. You are free to redistribute this resource in any medium for non-commercial purposes. Attribution should be given to Gotcha4Life Foundation, [gotcha4life.org](http://gotcha4life.org)

