

Mental Fitness Bookmarks



Use these bookmarks to promote positive mental fitness messages with your students.

Year: K-6

Instructions for creating your bookmark:

Choose a design

- Students select a bookmark design, to cut, colour or create their own.

Print the design

- Teacher prints the bookmark design onto sturdy paper or cardstock.
- If students are creating their own, students can customise their bookmarks by colouring and decorating them with mental fitness messages or symbols that are meaningful to them. These messages could be generated through a class brainstorming session.

Cut out the bookmark

- Cut along the outer edge of the bookmark.

Add personal touches (optional)

- Students could write their name, a quote, or a message on the back of their bookmark. Alternatively, they could gift their bookmark to a peer or family member and include a personal message of connection.

Laminate (optional)

- If desired, laminate the bookmark to protect it from wear and tear.

Resource Objective: Mental Fitness Focus.

Most suitable time to integrate this resource: Use these exercises to help students concentrate, following sport or as a transition or at the end of the day.

Gotcha4Life Protective Factor link: Emotional Adaptability ('Build your emotional muscles') and Social Connectedness ('Embrace your village')

Let's build our mental fitness together

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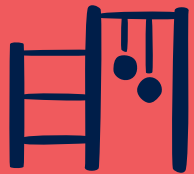


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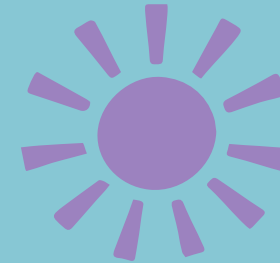
Remember to
FLEX
your
**EMOTIONAL
MUSCLES**
too!



**YOU ARE
STRONGER**
than you
THINK



Become
an
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EXPLORER**



Today is a
GREAT DAY
for a 20 sec
HUG
with
**SOMEONE
YOU LOVE**

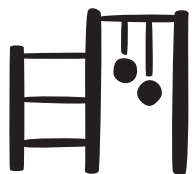


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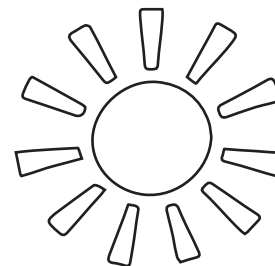
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