

Exercise and Feelings

Self Care in 10

Duration: 10 mins

Objectives: To introduce students to the concept that exercise can positively impact their mental health and emotions.

Materials:

- Large open space or hall
- Music player with upbeat music (optional)

Introduction: 1 min

Gather the students in a circle and briefly explain that you will be doing an activity about exercise and how it can make us feel better.

Warm-Up: 2 mins

Start with a simple warm-up to get the students moving. You can lead them in stretching exercises or a few jumping jacks.

Encourage them to take deep breaths as they warm up, emphasizing that deep breathing helps our bodies and minds feel better.

Activity: 5 mins

Play upbeat music (optional) to make the activity more engaging.

Lead the students in a simple exercise routine, such as marching in place, jogging around the room, or doing jumping jacks.

While they exercise, encourage them to notice how their bodies feel. Ask questions like, "How does your heart feel when you're moving?" or "Do you feel warm and energized?"

Emphasize that exercise can make our bodies feel strong and healthy and can also help our minds feel happier.



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Discussion: 2 mins

Gather the students in a circle again and ask them how they felt during and after the exercise.

Encourage them to share their feelings, such as feeling happy, energetic, or more relaxed.

Explain that exercise can release special chemicals in our brains called endorphins, which make us feel happy and less stressed.

Cool Down: 1 min

Lead the students in a simple cool-down activity, such as deep breathing or gentle stretching.

Explain that just like we started with a warm-up, it's important to cool down our bodies after exercise.

Conclusion: 1 min

Summarize the key points: exercise can make our bodies and minds feel better, and it's important to be active every day to stay healthy and happy.

Thank the students for participating and let them know that you'll have more fun activities in the future to keep them feeling great.