

# Healthy, healthy mind



Foundation

## How to play

- Players should sit in a circle.
- One person stands on the outside with the wellbeing ball and goes around hovering the ball over each person's head saying "healthy" and when they decide to drop the ball into a person's hand they shout "mind".
- The person who has received the ball stands up and chases the person on the outside and tries to catch them before they get around the circle and sit in their empty place.
- If they catch the person then the person who is caught has to answer a wellbeing question.
- If they fail to catch them they have to answer a question themselves.
- The question asked is based around the phrase that is showing face up on the ball whilst in the player's hand.

## Wellbeing messages

Be calm

Be present

Speak out

Have fun

Be open

Stay curious

Be friendly

Be active

Be kind

Be generous



## Things to think about

- Round 1 - What does this word mean to you?
- Round 2 - Give an example of how to apply this word in your life.
- Round 3 - How do we practise this?
- Round 4 - How would this help our mental health and wellbeing?

## Adaptations

- Adapt the questions for the age group. They can be more difficult questions for older age groups with better understanding.
- Add in challenges for people to demonstrate these phrases throughout the session, eg if they had a 'be kind' question, can they do this during the session to their classmates?

## Don't have the equipment? Here's what you can do...

- If you don't have a ball use a soft object and highlight the topic you'll discuss.

## You have a different amount of players? Here's what you can do...

- You will need a minimum of three players to play this game.
- If you have two players, why not set a timer and pass the ball between each other? Whoever has the ball when the timer goes has to run to a set finish line before the other player catches them.

## Can't find the right space? Here's what you can do...

- You don't need much space to play this game, it just depends on the amount of players you have playing.
- If you have a lot of players just ensure there is enough space to run around the outside of the circle.

