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Activity One

Mental Health Toolkit

We know the importance of a strong mind and strong body. It is easy to find ways to keep our body strong. We can eat healthy and exercise. There are many resources available to lead a healthy lifestyle. How can we get the same resources to keep our mind healthy? What can we do if we are having a dip in our mental health?

You will create a mental health toolkit. This will be a collection of items you can access when you are feeling down. They can be actual items, such as a stress ball, or written reminders. If you know that going for a walk helps your mood, write it on a sticky note. Then, when you see it inside your kit, it will remind you to go get some exercise! You may also want to include the following:

- Pictures of calming scenery.
- Photos of loved ones.
- A stress ball.
- Positive words of encouragement.
- Sticky notes of your goals.
- A word puzzle to distract you.

Everyone has different strategies to deal with stress and a mental load. If you keep your items in a small package, it will be easy to take with you. Throughout your day, you can look at it to feel better. Small steps can make a big difference in your overall mental health.



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Activity Two

Let's Get Moving!

Love being active but get bored with normal workouts? Have you tried every exercise there is? Are you looking for something new and exciting to get your heart rate up? Look no further! You will create your own exercise video!

Exercise videos are a very popular way to work out. You can watch them in the privacy of your own home while you are sweating it out. They can focus on any type of exercise. Some popular types of workout videos are:

- Dance.
- Aerobic (step, HIIT).
- Boxing.
- Sports-themed.
- Yoga.
- Pilates.

You can work solo or with a small group. Often videos feature one instructor with a few backup actors. There is usually one actor that highlights modifications. These are exercises that someone of a lesser athletic ability could complete. Remember, you're on camera! As the main instructor, you should be energetic and cheer people on! Be sure you can do the exercise as well. It may not be a convincing workout if you can't catch your breath!

Be creative! Wear colourful costumes, have a theme, or add fun music to your video. Be sure to speak clearly and have an interesting backdrop in your video. You may inspire others to lead a healthier lifestyle.



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Activity Three

A Major Mistake?

How you deal with failure often decides how you will have success. You should not let one setback determine your whole future. You do not know what the future will hold. A problem now may mean a different answer in the future. There are many famous people who experienced failure and defeat. Still, they overcame those issues to do great things in life.

You will research a famous person who had a big detour on the way to success. For example, Einstein was labelled as a slow learner. He did not do well in school. He was slow to read and speak. Yet, he was the creator of an entire scientific principle. He is considered a genius! We still use his research today to base our knowledge.

Who do you admire? Find out how they came to be successful. Was it an easy road or were there problems along the way? You should include the basics such as what they are known for, and what happened early in their life. You will detail how those failures made the life they are now known for. What lessons can we learn from them? What can you apply to your own life?

You can present your findings in any format. It can be in a written paper, an oral presentation, or a poster. You can even make a video featuring your celebrity. Be sure to include a picture of them and what they are known for. Who should the world know as being resilient? What life lessons can we learn?



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Activity Four

Refusal Roleplay

One of the key parts of a healthy relationship is to respect each other. This means not pushing boundaries and honouring what your partner wants. You should not guilt or force your partner to do anything they don't want to. It's important to compromise to make a relationship last.

What should you do if things are becoming tense? You may find yourself in a situation where you are being pressured. Often pressure can come when you are physically intimate. What will you do when you're in that situation?

In pairs, you will roleplay an appropriate response to pressure. One person will be the aggressor, and the other will be the person who is uncomfortable. You will model assertive but respectful language. How will you make your needs heard?

You will also create a scenario for others to interpret. Your scene does not have to involve sex. It could highlight pressures to drink, lie or be unfaithful. Try to act as a pair in a romantic relationship to show the need for respect and compromise. You should demonstrate what proper consent looks like and how both partners can be understood.

You will have the option to present your scenario to a larger group. Be prepared to answer the following:

- What was the main problem?
- Is there consent?
- What is the viewpoint of each person?
- Was the solution appropriate?

Remember to keep your language and tone appropriate for the situation. Help give your peers tools for their relationships and teach others.

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Activity Five



House Rules

What makes a happy home? What do you need in your living space? What kind of people do you want to surround yourself with? These are all things to consider when cohabiting and building a family life. Lots of houses have a set of rules that all members want to live by.

“House rules” can act as a pledge to the home. They can be funny or serious. Often, they are displayed in a creative way. The rules can be written on paper, wood, or just about anything else!

You will create a set of house rules for you and your household. Be as funny or serious as you want. There are many images online to inspire you. You could make the entire thing rhyme! You could have it written in the form of an oath. It’s up to you! What would your house respond best to?

Remember to think of everyone when you are creating your list. If you are the only vegetarian, a “no meat” rule would be a bad idea. If you are living by yourself, the rules could apply to any guests you have over. They will know to take their shoes off! Display your house rules proudly so everyone can see. It’s your house, your rules!





Activity Six



Wear Your Words!

What's the first thing people notice about each other? Often, it's what they're wearing! Our clothes can say a lot about our personalities. Are you loud or quiet? Fashionable or unbothered by the trends? Advertisers rely on people wearing their clothes to spread their message. We can recognize logos and slogans very easily. Are you spreading the right message with your look?

You and a small team will design a piece of clothing with a cause! Think about what positive messaging you want to promote. Do you want to encourage good mental health? Informed consent? Sticking with something that's hard? You will choose one area to focus on.

Once you have decided the cause you are going to champion, decide on the clothing. Options could include:

- A t-shirt.
- Button.
- Pin.
- Tote bag.

Your slogan should catch people's attention. For example, "Consent is COOL!" is easy to remember. Keep things short and simple. Use colour wisely and easy-to-see graphics. If you are unable to make these items, a drawing will suffice. Use your creativity to make a difference!

