



PURPOSE //

- Practice good mental health through physical activity and mindfulness activities
- Promote and practice good mental health
- Reduce stress and anxiety

INSTRUCTIONS //

Materials

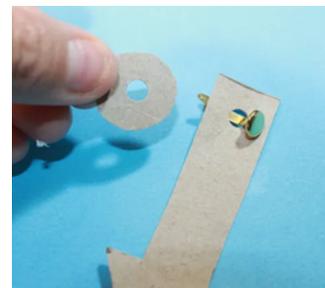
- Printout of wheel
- Cardboard or paper plate
- Glue
- Scissors
- Split pin
- Hole punches

Application

- Students take turns spinning the arrow and then the whole group performs the action/activity it lands on
- This can be used as an outdoor or indoor activity
- You can do this as either a group activity, or make it school-wide by setting up a table somewhere like at lunch or recess

Assembly

1. Print template
2. Fill out template with physical activities or mindfulness practices
3. Cut and glue into a cardboard or paper plate
4. Cut out a small circle and an arrow
5. Hole punch at the end of the arrow and in the middle of the small circle
6. Put a split pin through the arrow, the circle and the center of the wheel.
7. Secure it loosely to allow it to spin



Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



SAMPLE



