

MENTAL HEALTH ACTIVITIES

Report By: Priyadarshni Solanki (Intern – Pursuing psychology masters)

Introduction

Mental health is the condition of being sound mentally and emotionally that is characterized by the absence of [mental illness](#) and by adequate adjustment especially as reflected in feeling comfortable about oneself, positive feelings about others, and the ability to meet the demands of daily life



Why is mental health important in school?



The importance of mental health awareness in schools is immense. Let's break it down together and take a deeper look at why we need schools on board with spreading awareness about mental health.

Closing the Gap: Schools are supposed to help our younger generations prepare for the world that awaits and all the obstacles they might run into.

Most schools today teach:

- Physical Health
- Nutrition
- Sex Education

However, there's a gap when it comes to mental health. Without proper education, students won't know how to:

- Recognize The Problem They're Experiencing
- Open Up About It
- Look For Help
- Help Other Peers With Similar Or Other Mental Health Problem

ACTIVITIES FOR SCHOOL

ACTIVITY 1 – EMOTION AWARENESS

Emotions play an important role in everybody's life, we have to identify the according to situation and condition. Thus, this is an activity to understand and identify human emotions. Through emoticons and smiles we are going this perform activity.



Process of Conducting Activity

The students would be briefed about emotions and will be explained each emotion through emoticons. Then the Student will be asked to rate them (weekly and daily). It will take around 20-30mins to conduct this activity.

Aim

This activity will help students to understand the emotions and as well as emotional thermometer.



We Have Basic 6 Emotions

Happiness: Facial expression (smiling), Body Language (relaxed stance) and Tone of Voice (an upbeat, pleasant way of speaking).

Sadness: Crying, quietness, withdrawal from others.

Fear: Facial expressions (winding eyes and pulling back the chin) body language (attempts to hide or flee from the threat ... rapid breathing and heartbeat).

Disgust: Body language (turning away from the object of disgust), Physical reaction (vomiting or retching), Facial expression (wrinkling the nose and curling the upper lip).

Anger: Facial expressions (frowning or glaring), Body language (taking a stronger stance, sweating, turning red, hitting, kicking), Tone (such as speaking gruffly or yelling).

Surprise: Facial expression (brow, widening the eyes and opening the mouth), Physical response (jumping back) Verbal response (such as yelling, screaming or gasping).

ACTIVITY 2 – ROLE MODEL NARRATION

The children will be narrating about their role models in lives. The distinctive characteristics of the role models will be identified post narration. The children will also be asked to identify their own characteristic which corroborates with the respective models.

Effect on mental health

- **Give the brain a work out by learning context clues.**
- **Self awareness**

ACTIVITY 3 - Yoga

Yoga is not only about performing different poses for increasing your strength and flexibility.



Benefits

- Increases creativity
- Strengthens the muscles in the legs and abdomen
- Good for digestion
- It helps in calming down by decreasing anxiety
- Provides relief from headaches and fatigue

Child's Pose (Balasana)

Child's pose mimics the natural body position of a foetus in the womb, thus this yoga pose provides natural comfort to the child. This yoga pose is extremely grounding for young children if performed regularly.

How To Do:

- Let's start with putting your hands and knees on the ground.
- Now, keep pressing the hips back toward the heels.
- You can stretch your arms in front of the body to relax.

Duration

Hold this position for a few breaths and relax your body.

Benefits

- Extremely relaxing and calming.
- Promotes overall stress reduction and provides grounding
- Promotes flexibility
- Keeps the ankles, legs, and hips strong
- Releases tension from the upper body

Effect on mental health

Release helpful brain chemicals. Most exercise triggers the release of "feel-good" chemicals in the brain. These mood boosting chemicals include brain messengers such as dopamine, serotonin, and norepinephrine. Although yoga movements are slow and controlled, they still elevate your heart rate, make the muscles work hard, and stimulate the release of brain chemicals. As a result, yoga can make you happier.

Relieve depression. Studies show that yoga can ease depression. Researchers have found that yoga is comparable to other treatments, such as medication and psychotherapy. Yoga is usually inexpensive and doesn't cause the same side effects as many medicines. It can even benefit those with major depressive disorder. The use of yoga for depression needs more study because there aren't very many controlled trials.

Reduce stress. When Americans answered a survey about why they practiced yoga, 86% of them said that it helped to deal with stress. The tightening and relaxing of muscles can reduce tension. You may also benefit from the peaceful atmosphere, calming music, and positive attitude that you will find in most yoga classes.

Ease anxiety. Yoga can improve anxiety. The breath training included in yoga may be especially effective, as there is a relationship between anxiousness and breathing problems. If

you have been diagnosed with an anxiety disorder, yoga may not help. Still, some psychologists are using yoga to supplement other forms of therapy.

Improve sleep. Research suggests that yoga can improve sleep. This may be especially true for older adults. In one study of yoga participants over the age of 60, participants reported an increase in both the quality and quantity of their sleep. They also increased their sleep efficiency, which measures the percentage of time in bed actually spent sleeping.

Enhance social life. If you attend an in-person yoga class, you may benefit from interacting with others in your group. Social ties can positively affect both mental and physical health. Also, acting in unison with others, sometimes called synchrony, carries unique social benefits. Moving and breathing at the same time as others can give you a sense of belonging and promote bonding with the group.

ACTIVITY 4 - Pulse Sorting/ Stroop test



The students will be given a bowl of mixed pulses like black pulses, chickpeas, kidney beans all different in shape and color.

The students have to sorted the pulses most cleverly by picking out the black pulses first and then separating the rest according to their shapes. Gradually the difficulty level will be increased

Effect on mental health

It helps students to increase concentration, hand-eye coordination, different colors and shapes as well as teaches the fine motor skills.

Colour sorting test

Aim

The Stroop test can be used to measure a person's selective attention capacity and skills, processing speed, and alongside other tests to evaluate overall executive processing abilities.

ACTIVITY 5 – PLANTATION – MINDFULNESS

AIM- To plant a tree with the help of teachers and UJAS team in groups.

OUTCOME – environment friendly, improves nature and health and team work



ENHANCEMENT OF CREATIVE AND **SOCIAL SKILLS PROPOSAL**

Submitted By: Meenakshi Singh (bachelors in sociology, pursuing masters presently)

What are “Creative Skills”?

Creative Skills is the ability to use imagination to generate new ideas. Creativity helps by providing multiple, innovative, smarter and unique solution to a complex problem.

Aims of Creative Skills

When people are at their peak of creativity, *both sides of their brain are working together to contribute to each other efforts to learn better, work smarter and come up with innovative ideas.* It enhances imagination and ability to find interesting ways to approach tasks.

What are “Social Skills”?

A social skill is *any competence facilitating interaction and communication with other, communicating through verbal or non-verbal ways.* The process of learning these skills is called ‘socialization’. Lack of such skills can cause social awkwardness.

Aims of Social Skills

Having social skills allows you to communicate, relate to others and connect with others. An essential for building relations, making friends and being social to be able to live a better life.

OBJECTIVE

1. Help students in enhancing their imagination which will help to develop creative skills.
2. Creative skills will help them think out of box. Resulting in coming up with unique and different ideas.
3. Social skills help people to communicate with others easily.
4. From above stated point, it also helps building a strong self-confidence foundation.
5. Together creative and social skills will help students in having bright future. By having confidence, communication skills, being different and better than others will pave a path to brighter future for them.



ACTIVITIES

Every child is an artist

Art enhances creativity, which is crucial and for innovation and adaption. Creative people have ability to *see multiplesolutions, employ original thoughts, and use their imagination.*

Art helps in encouraging unique responses and diverse ways of looking at things. *It encourages motivation. This motivation aid people to be creative and make their ideas to emerge.*

ACTIVITY 1 – Painting Competition would be a great opportunity to develop creative skill. Student would be given “NO TOPIC” as the theme to paint their thoughts. *It will help them to widen their imagination and think out of box.*

The students will be provided a box of crayons and drawing sheet for the competition. This will be held class wise. This would be rewarded with prizes and in appreciation.

ACTIVITY 2- Great Short Story

Literature is another possible way to enhance creativity, think out of box. The literary study can increase the creativity of the individual, because it is the expansion of the perceptions of the individual and develop and the evolution of the process of creative thinking.

Literary art enables us to share information about anything in a way that can't be expressed through speech. By writing we find a way to speak about our feelings, ideas, experiences, and whatever else may come to our minds.

Great Short Story (Story Writing) will give a chance to students to describe their thoughts through words, resulting in formation of a story. *A beautiful piece of work, original one of their own.* The theme of the Great Short Story would be writing their own story, something beautiful or a memory they cherish a lot would be pen down. Sometimes a picture or a word may also be given to write a story.

Abstract pictures will be shown to the kids and the students will be given sheets and essential stationary to write down the story they perceive through the provided stimuli. This would be rewarded with prizes and in appreciation.



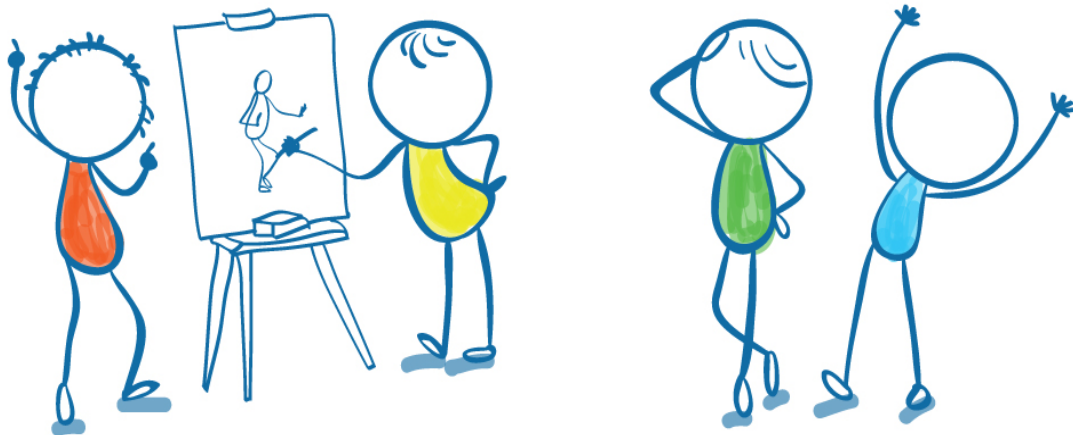
ACTIVITY 3- Show and Tell

Show and Tell is a fun activity in which students will guess through illustrate the given phrase or word by another student from opposite team.

- In this activity class will divided in 2 groups.
- Only 1 player from each group team can come and illustrate in each round.
- Timing and score are essential. There is 2 – 3 minute time limit for illustration.
- Players cannot speak, point at room objects or move their lips.

Through this activity student's mind will sharpen as they have to imagine the picture or figure of what they will be illustrating. It is a creative and social skill activity.

This activity will be conducted in group to make them learn skills like leadership, team work etc.



ACTIVITY 4 - Let's have a Conversation – An Interaction

Introduction

Let's have a Conversation, is an interaction between teachers and their students, as well as between students too. A social skill activity, which will help teachers to understand their students in a better way.

Benefits of an interaction

- Will build understanding between student and teacher.
- Self confidence will be built in students.
- Students will have trust in their teacher.
- Students will be able to approach teachers.
- Students can build friendly relations with each other.



ACTIVITY 5 – CULTURAL EVENTS



Dance, singing, poetry writing and recitation competitions will be held once a month to focus on the strengths of each child. Prizes will be distributed.

OUTCOME

Students will have an opportunity to learn new things. By *Let's have a conversation*, students and teachers will be able to build a better understanding and trust relationship between them. By these activities students will be more social.

Students will get to learn as well as have fun through these activities.

SPORTS ACTIVITY

Submitted by Sidharth Singh (Shelter manager NULM, UJAS)

IMPORTANCE AND BENEFITS OF SPORTS

Sports can play very crucial role in development of mental, physical and over all character of students here are some important key benefits.

Mental Health Benefits

- Reduces Stress And Anxiety
- Increases Self Confidence
- Helps In Sleep Better
- Uplifts The Mood And Reduce Negative Thoughts And Feeling

Physical Health Benefits

- Increases Stamina
- Make Bones And Muscles Strong

It also teach other important skills like

- Team Work
- Leadership
- Motor Skills
- Better Thinking Ability

Self Confidence – sports can contribute in building self confidence however player lose or win when they use their skills and perform good that clears self doubt and realise their strength.

Leadership – sports is excellent way to develop and enhance leadership skills and traits like honesty, discipline and trust.

Motor Skills – sports develop important motor skills like running, walking, jumping because it require muscles, nervous system and brain all work together.

Strength and stamina- sports uses body muscles it increases muscle mass and makes muscles strong it also makes heart strong and increases stamina.

Focus and Concentration- every sports require focus and concentration by performing

sports students will learn to focus and concentrate on ongoing activities

Team work- Sports helps in how to work together with different peoples in different situation. team work is veryimportant to learn for the students.

ACTIVITIES

BADMINTON

The game is played between 2 or4 members (2 in a team). The game compresses of 21 points to win a set and you need to win 2 out of 3 sets. The player should never come in contact of net. If caught would be disqualified. Shuttlecock during the serve should always hit below the waist. Always stand inside the severe box while serving and inside the receiver box while receiving

VOLLEYBALL

Each team is allowed three hits to get the ball over the net to the opposing team's side . When the team that received the serve scores a point, the team's players rotate one position clockwise. In general, touching any part of the net with anything besides the ball or a player's hair is a violation that results in the opposing team receiving a point. Players can reach above the net without touching it to play the ball. A ball that touches the net can still be played. Each rally begins with a serve from the team that won the last point. The serving player must stay behind the back line and use an underhand or overhand approach to hit the ball over the net and in bounds on the opposing team's side.

CRICKET

Cricket is played between two teams each made up of eleven players. (Sometime in junior competitions you will find 8 player teams). Games comprise of at least one innings where each team will take turns in batting and fielding/bowling. The fielding team will have a bowler bowl the ball to the batsman who tries to hit the ball with their bat. Hitting the wickets with the ball when bowling. Catching a batsman's shot on the full. Hitting the batsman's leg in front of the wicket (LBW) Or hitting the wickets before the batsmen can run to the other end of the pitch. The batmen try to score as many runs as possible before getting out by...

Hitting the ball and running between the wickets and making it to the other end before the fielders can hit the wickets with the ball. Each time you run one full length of the pitch it equals 1 run. Hitting the ball to the boundary along the ground is 4 runs. Hitting the ball over the boundary on the full equals 6 runs. The fielding team must get 10 batsmen out before they can change over and start batting. The aim of the game is to score as many runs as possible before the fielding team takes 10 wickets. The team with the most runs wins.

TUG OF WAR

Athletic contest between two teams at opposite ends of a rope, each team trying to drag the other across a centre line. In some forms of the game a tape or handkerchief is tied around the centre of the rope, and two others are tied six feet (1.8 metres) on either side. Three corresponding lines are marked on the ground. The game ends when one team pulls the other so that the tape on the losers' side crosses the ground mark on the winners' side.

RUBIKS CUBE

It is an incredibly useful tool for training focus, memory and brainpower, all of which remain core components of mindfulness.

OUTCOME

These activities help students to develop physical health and mental health. This will also make them to learn how to work under pressure, how to deal with tough situation, honesty, discipline, and overall personality.