

Be your best self



Lifesaving
education programs

Extension for staying fit and healthy

Participants will explore different ways of looking after their mental health. They will experience some activities that will keep them physically and mentally fit and healthy.

Equipment:

- ☐ Whiteboards
- ☐ Markers

- 1 Food and exercise help us feel strong and healthy, but it's also important to take care of our mental health.
- 2 With a partner, participants write a list of "top 10 ways to be your best self". For example, going for a walk, shooting some hoops with friends, dancing to your favourite song, getting enough sleep etc.
- 3 If comfortable, participants can share with the rest of the group or small groups when finished.
- 4 Select one or two of the activities to do together as a group.

