

Activators to Promote Positive Mental Health

Active Listening

How can you tell someone is listening to you?
What do they do?
What do they say?
How does it feel?

Extension

Partner students in pairs to complete the Active Listening practice in their Neolth Student Account, either during class or as a homework assignment. (20 mins)

Drawing with the Eyes Closed

How do you express various emotions - anger, sadness, joy, fear, trust

Extension

Students complete the Drawing with the Eyes Closed practice in the Neolth app (5 mins) and extend their answer to the initial Do Now prompt by answering the questions in the practice outline

Self-Compassion Exercise

What is one way that you are kind to yourself?

Extension

Listen to the Brief Self-Compassion Exercise in the Neolth app (4 mins) and ask students to extend their answer to the initial Do Now prompt. For example, what are three statements they can say to themselves when they are being self-judgemental.

Letting Go, Letting Be

What does a stress free day look like?
What does it sound like, feel like?

Extension

Listen to the Letting Go, Letting Be practice in the Neolth app (5 mins) and extend their answer to the initial Do Now prompt by answering the question - When in your day can you take a few minutes to Let Go, even during a busy day?

Sun Rays

When you are sad, what brings you joy?

Extension

Listen to Sun Rays practice in the Neolth app (5 mins) and extend their answer to the initial Do Now prompt by describing in more detail what their sun ray is when feeling sad. Is it the beach, is it the mountains, is it a long walk? What do you visualize?

The Best Part of Today

Describe three positive things that are happening in your life right now.

Extension

Hand out sticky notes and have students complete The Best Part of Today practice in their Neolth Student Account (5 mins)

Thoughts Before Sleep

What are some ways you calm your mind before going to sleep at night?

Extension

Invite students to share some ways they noted with the rest of the class. Also, encourage students to listen to Thoughts Before Sleep practice in the Neolth app (10 mins) as part of their routine at night.