

HEAD HIGHER

We are the Wellbeing ambassadors



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project`s exercises



Head higher - We are the wellbeing ambassadors

Erasmus KA210 project was implemented in 2023 between Lounais-Häme Educational Consortium in Finland and IES Virgen de la Paz in Spain. The main objective of the project was to create educational material on wellbeing skills for Vocational Education and Training.



The project organized two-week-long training sessions where students tested various exercises to enhance wellbeing, evaluated them, and finally selected the best exercises for this e-book. Additionally, students designed posters on the topic. You can also find links to all the exercises from the training in this publication on Padlet.



Exercises FAI, FAI, Finland

<https://padlet.com/sanna-toukkari/wellbeing-ambassador-6-10-3-2023-y378qfkras9i0x2j>

Exercises IES Virgen de la Paz, IES Virgen de la Paz, Spain;

<https://padlet.com/misspilarm/erasmus-ka210-project-we-are-the-wellbeing-ambassadors-p02hx81oz8f0u3jd>

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EXERCISES

MINDFUL BREATHING

This activity is great for bringing the mind back to the importance of our breath. As it turns out when we're stressed we take shallow breaths. On the other hand, deeper "belly breaths" focus our attention and calm us. Sitting or standing, ask your students to breathe deeply and slowly for around five minutes. Ask them to count to three on the inhale and three again on the exhale. You may like to suggest they put their hands on their stomachs to feel the air as it moves in and out.

Breathe deeply and slowly for around five minutes.

Count to three on the inhale and three again on the exhale.

You can put your hands on your stomach to feel the air as it moves in and out



Today
I did well...

At the end of every day,
participants write down on
paper one thing that she/he is
grateful for/thankful for.

Papers are put into a jar.

I'm
thankful
for...

After the week
all papers are read to
participants.

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100 strenghts

1. fair
2. appreciative
3. careful
4. organized
5. honest
6. precise
7. conscientious
8. just
9. striving for the best
10. polite
11. kind
12. helpful
13. loving
14. friendly
15. warm
16. empathetic
17. benevolent
18. generous
19. socially intelligent
20. encouraging
21. quick
22. practical
23. conscious of beauty
24. resilient
25. purposeful
26. goal-oriented
27. efficient
28. solution-oriented
29. creative
30. profound
31. sensitive
32. emotional intelligence
33. artsy
34. genuine
35. unique
36. expressive
37. spiritual
38. insightful
39. intelligent
40. wise
41. thoughtful
42. broad-minded
43. considerate
44. skillful learner
45. independent
46. humble
47. smart
48. nice
49. trustworthy
50. committed
51. able to see other points of view
52. caring
53. prudent
54. self-regulating
55. loyal
56. persistent
57. trusting
58. respectful
59. hardworking
60. able to work in groups
61. curious
62. joyful
63. self confident
64. resourceful
65. optimistic
66. energetic
67. enthusiastic
68. positive
69. favourable
70. grateful
71. sense of humour
72. versatile
73. playful
74. fun, funny
75. cheerful
76. hopeful
77. strong
78. brave
79. decisive
80. determined
81. sincere
82. safe
83. convincing
84. responsible
85. leader
86. relaxed
87. accepting
88. flexible
89. calm
90. understanding
91. conciliatory
92. gentle
93. present
94. considerate
95. tolerant
96. reasonable, prudent
97. patient
98. good listener
99. forgiving
100. compassionate

Positive Education Oy

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Name your core strengths- instructions

- Consider what your strengths are.
- Choose a few core strengths that you've used last week or recently. Write them down, one strength per piece of paper.
- How do the strengths you use show in your everyday life?



BORROW SOMEONE'S STRENGTH

KEEP YOUR ASSIGNED
STRENGTHS VISIBLE



In groups, take turns to borrow strength from someone for a situation.

Explain the situation and how the strength would help you.

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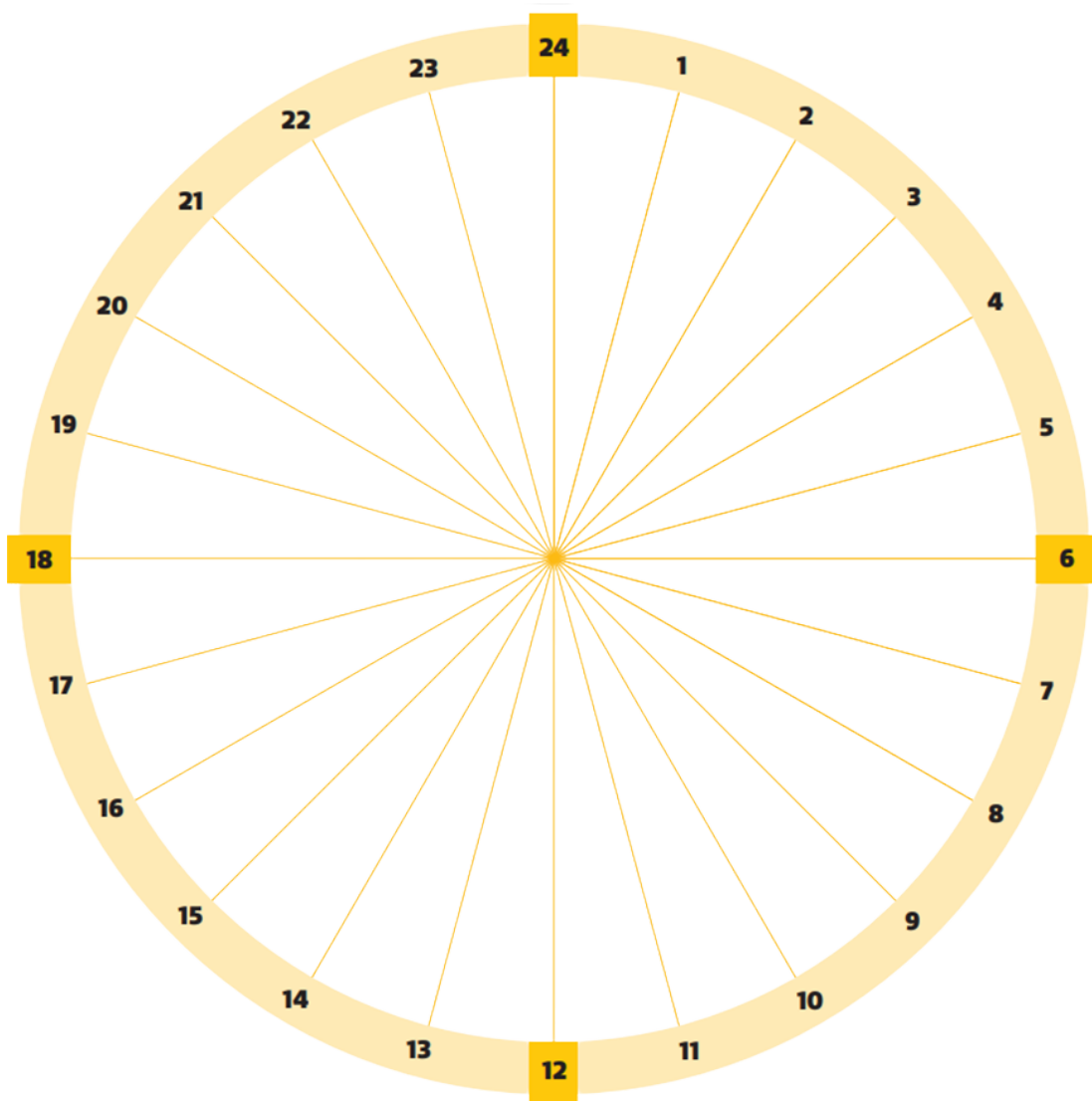


Exercise on your own and then in pairs

What do you use time on?

Examine your use of time using the clock face.

Mark down on the clock face truthfully how you divide your time during the time between mandatory and optional things.



When you`re done, consider:

- How much time do you have that you can choose what to do with?
- How do you sleep?
- How do you eat?
- How do you take care of yourself?

How social media affects our feelings/self esteem?

Pair work, 20 minutes

- Search information from the internet and list 10 negative and 10 positive facts about how social media affects mental health.
- Then check together with your pair your social media feeds (instagram/facebook/etc).
- Decide what feeds could be harmful to your self-esteem and why. You can also remove/stop following something that causes more negative feelings.

Search information from the internet and list 10 negative and 10 positive facts about how social media affects mental health.

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JENGA PROMOTING WELLNESS

Start the game by building the Jenga tower.

Each player takes their turns to move on piece from the tower to the top without toppling the tower.

Each piece has a number at the end and on the list you ´ll find the corresponding questions. Answer the question.



Jenga- questions about strenghts and interests

1. Who would you like to hear from about your strenghts?
2. Which of your strenghts is easiest for you to name?
3. Name three strenghts that are significant to you!
4. Which of your strenghts would you like to improve?
5. Which of your strenghts do your friend appreciate?
6. Who is your role model when it comes to strenghts? Why?
7. Which strenght have you learned from someone else?
8. Which strenght do you think would help you in your work life?
9. Which strenght are you especially grateful for?
10. What would you do if anything was possible?
11. What are you like at your best?
12. What is your advantage when looking for work?
13. What have you learned in your free time?
14. Give feedback on the strenghts of someone in the group.
15. Which of your strenghts do you use at home?
16. Which of your strenghts do you use with friends?
17. Which of your strenghts can you use in your studies?
18. Which strenghts do you admire in others?
19. What do you wish from life? Name your three most important wishes. What are you doing now to make the wishes come true?
20. If anything were possible, what would you do?
21. Which strenghts do you know you've inherited from your family?
22. Which of your strenghts are you especially proud of?
23. What strenght would help you in your everyday life?
24. Which factors have a negative effect on your wellbeing?



ICEBERG GOAL

What is my goal, achievement or dream?

What is my inspiration statement?

What capable already have relation to my goal or dream?

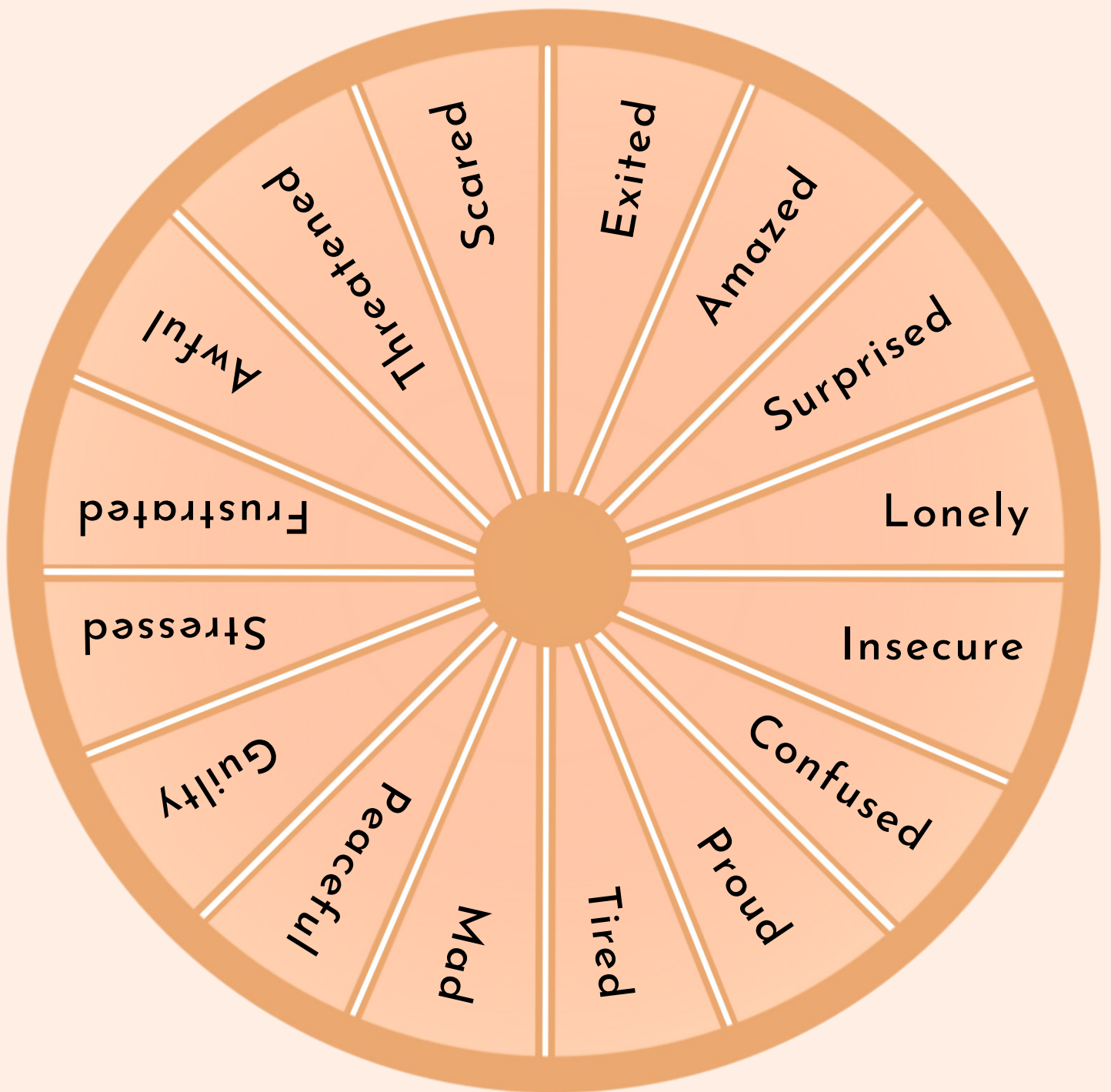
What I still need to do or learn to achieve my goal?

What strenghts I have that help me achieve my goal?

What additional strenghts do I need to achieve my goal?

WHEEL OF EMOTIONS

Do you know all emotions that exist?
Here you have some examples.



HEALTHY HABITS IN OUR PSYCHOLOGICAL BALANCE

1. Planning our days
2. Sleeping well
3. Have a good diet
4. Do exercise
5. Hang out
6. Free time
7. Drink enough water



POSTERS

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PICK ONE TO START YOUR DAY WITH A SMILE!

Today is a new day,
a new opportunity to do
something great.

Today I will focus on what I can do,
rather than what I can't.

I will approach today
with positivity and gratitude.

Today is a chance to be
the best version of myself.

Today I will take my
actions towards my goals, one
step at a time.

Every moment is an opportunity
for growth and learning.

HOW TO KNOW IF YOU HAVE TO WORRY ABOUT YOUR MENTAL HEALTH?

Prolonged apathy

Eating problems

Irritability

Intrusive thoughts

Excessive anxiety

Extreme mood swings

Sleeping problems

Substance abuse



ADDICTED TO SOCIAL MEDIA?

Do you feel like you spend too much time on social media?

Here are ways to reduce it.

1. Leave your phone in another room.
2. Use the mute or unfollow button.
3. No phones on the table.
4. Spend time with your family or friends, without the phone.
5. Leave your phone 10 min. before going to bed.
6. Use "Screen Time" in your phone.



