

Kooth Activity Sheet



ENERGY LEVEL:
Grounding



NO. OF PEOPLE:
10+



ESTIMATED TIME:
45mins

The brain gym

ACTIVITY OBJECTIVE:

To promote mindfulness activities in a format similar to physical exercise circuits.

MATERIALS REQUIRED:

1. Timer
2. Materials listed on sheets for chosen circuit activities

INSTRUCTIONS:

1. Set up a number of activity stations around the room. You can use ideas from our Kooth Activity Sheets (E.g. Bubble breathing, The reassuring pebble, Sharing kind words on a washing line).
2. Split the young people into groups and assign them to a station.
3. Give them about 5-10mins to complete their activity before moving round to the next station.
4. Continue until everyone has had a go at each activity around the room.
5. Conclude with discussion questions: How do you feel after completing the circuit? What was your favourite activity? Could you do any of these activities at home?



Get free, confidential mental health support at go.kooth.com/6w7x

At Kooth, you can chat anonymously with a mental health practitioner, access a self-help library of articles, and connect with a community of young people easily from your phone or tablet.