

WELLBEING mini moments

Pair Mirrors



- Ask pairs to stand facing each other, and ask one partner to lead the other through a series of silent movements for 30 seconds (dance moves, yoga poses, stretches etc).
- Call time after 30 seconds and ask partners to switch roles.
- You can also ask students to point their index fingers at each other (close but not actually touching), then nominate one person to be the leader. The leader then slowly writes out their name using their index finger and the follower copies the finger movements as closely as possible. Then the leader and follower swap turns. Remind the leader to write their name slowly.
- The index finger writing can also be used to write other words such as the emotion the student has felt the most that week.

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Bear Ninja Pirate



This is a whole body version of "Rock-Paper-Scissors".

- Demonstrate to the class what each character looks like:
 - Ninja = karate chop
 - Bear = paws raised and roar
 - Pirate = walk the plank
- Run through who wins in each round:
 - Bear beats Ninja
 - Ninja beats Pirate
 - Pirate beats Bear
- Next, start the live challenge!
- You can do best of three, then, after each round, the winner from each pair teams up with another winner, eliminating people each round, until you end up with the ultimate Bear-Ninja-Pirate warrior.

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Spot the Difference



- Step 1: Find a pair.
- Step 2: Take a good look at your partner and observe what they are wearing.
- Step 3: Turn your backs to each other, make one small change to what you are wearing/how you look (e.g., remove an earring, undo shoelace).
- Step 4: Raise your hand high once you've made the change and when the teacher sees everyone's hand raised they will instruct you to turn around and face your partner.
- Step 5: Spot the difference and guess what has changed.
- Step 6: Repeat steps 2-5 twice more.

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Infinity Stretch



Teacher leads and demonstrates the following sequence to students (standing or sitting at desks):

- Stretch both arms out in front, and interlock fingers with thumbs on top.
- Move arms in an infinity symbol shape (horizontal 8 shape).
- Keep head still, and follow thumbs with eye gaze only.
- Swap direction of stretch after 30 seconds.
- Finish by shaking out arms.



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VISIBLE WELLBEING™
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*These 4 cards come from the Wellbeing Mini Moments pack of 40 cards designed by Professor Lea Waters.