

# SCHOOLYARD LEARNING

## Mental Vacation

**GRADES:** K-8 PRIMARY/JUNIOR/INTERMEDIATE - HEALTH AND PHYSICAL EDUCATION

**LEARNING SKILLS AND WORK HABITS:** Wellness, healthy living, responsibility

**MATERIALS:** None

### ACTIVITY:

1. Take your class outside. A natural space is best but anywhere quiet will work.
2. Ask students to lie down on the ground.
3. Ask them to imagine their favourite outdoor place. They are to picture being there in their minds.
4. Prompt them to remember the feeling of the air, imagine the smells, textures and sounds.
5. Tell the students that they will have two minutes of silence to visit this special place.
6. After the exercise reinforce that anyone can take a mental vacation to help create thoughts of relaxation and calm whenever feelings of trouble, anger or stress arise. This practice can improve happiness and health.

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### TEACHER PROMPTS:

The intention of this activity is to teach students a simple technique for improving happiness and mental health. Ask students:

- 1) Why did you choose the place that you did?
- 2) How did you feel when you were there?
- 3) When could this activity benefit you in everyday life?

### ACTIVITY OPTIONS:

As a follow-up activity students could write about / draw a picture of / create a song about / describe orally to a friend their favourite place.

