



## PURPOSE //

- Practice good mental health through physical activity and mindfulness activities
- Promote and practice good mental health
- Reduce stress and anxiety

## INSTRUCTIONS //

### Materials

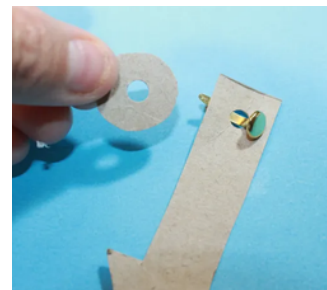
- Printout of wheel
- Cardboard or paper plate
- Glue
- Scissors
- Split pin
- Hole punches

### Application

- Students take turns spinning the arrow and then the whole group performs the action/activity it lands on
- This can be used as an outdoor or indoor activity
- You can do this as either a group activity, or make it school-wide by setting up a table somewhere like at lunch or recess

### Assembly

1. Print template
2. Fill out template with physical activities or mindfulness practices
3. Cut and glue into a cardboard or paper plate
4. Cut out a small circle and an arrow
5. Hole punch at the end of the arrow and in the middle of the small circle
6. Put a split pin through the arrow, the circle and the center of the wheel.
7. Secure it loosely to allow it to spin



**Let us know how the activity goes!**  
We'd love to hear from you or receive pictures or tag us on social media:



# SAMPLE



