

# **The Effects of Exercise on Mental Wellness & Strategies to Improve Your Own and Others'.**

**Who?** Ages 16- Adults

**Why?**

During the Covid-19 pandemic, the population's mental health has taken a hit due to worry, fear and restrictions. Increasing amounts of youth and adults are expressing worries and anxieties and how they are having a difficult time managing these emotions. Therefore, it is imperative that we teach people how to manage their mental wellness by implementing coping skills such as regular exercise and mindfulness. Everyone is deserving of a happy and stable life.

**How?**

This lesson aims to inform learners of the positive effects of exercise on mental wellness. We have designed a wellness website where all the intended information is stored so that learners can maneuver through it at their own pace. Learners will be asked to create a poster to build awareness surrounding the positive effects of exercise on mental wellness, as well as to select a program of their choice so that they can start their journey towards mental wellness TODAY.

**Materials:**

- Ipads, i-phones or computers
- Paper & pencils/ pens
- Self- Assessment Print Out

## **Learning Outcomes:**

After this orientation and exploration of the website, you will be able to:

- Describe your idea of mental wellness and why it matters in a [Padlet](#) experience.
- Illustrate/describe three things you do right now to improve your own mental wellness in a [Polleverywhere](#) exercise.
- Create/design a Canva poster to represent how and why exercise improves mental wellness after watching a [Canva Tutorial](#).
- Choose a [Fitness Plan](#) that you will take part in to further improve your own mental wellness and start that plan today.

## **Lesson:**

Within this lesson, the facilitator is expected to guide learners through the [Wellness Website](#) in hopes to inform them about mental wellness and the effects of exercise on it. The facilitator will begin in the “Intended Learning Section.” They will present the [Prezi](#) which includes; a video about why we are learning about mental wellness, a [Padlet](#) regarding what the learners think mental wellness is, and the intended learning outcomes for the lesson.

Learners will begin by participating in a [Padlet](#) discussion about what they think mental wellness is and why they think it is important. Next, they will view the expected [learning Outcomes](#) of the lesson. They will then be guided to the website and shown how to maneuver the site. The website tour will bring learners to a section titled, “To Do.” Here, learners will find their activity (to build awareness around the positive effects of exercise on the brain by designing a poster in Canva), the expectations around the assignment and the [tutorial](#) of how to go about creating.

After being shown the website and all the intended learning tools and expectations, learners will engage with the website at their own pace to gain information about mental wellness and the effects of exercise on it. Learners will record their information in a way that best suits them.

After a short break, learners will participate in a partner talk about what they do for their own mental wellness and be asked to respond with a few of their answers using emojis or words in a [Polleverywhere.com](https://www.polleverywhere.com) activity. Learners will be able to access the poll via their own device, while viewing the responses on the facilitator's screen via [this link](#). They will be given a few more minutes to search through the website for information, then they will be asked to begin their assignment. Once their assignment is finished, they will consult the [self- evaluation](#) to see if they have included all expected outcomes. Once they have done a self-assessment, learners will save their Wellness Poster and email it to the facilitator to print. They will then hand in their self assessment along with their final poster.

Finally, learners will choose from an [exercise plan](#) of their choice, which they will begin as of today. They will be asked to check in, via email from the facilitator, after the 2- 4 weeks to complete an H5P evaluation at the bottom of the “Pick a Program” section. The evaluation will act as a reflection/assessment of how their own program did/did not improve their own mental wellness and will be used as a discussion piece later.

**Possible Extensions:**

- Discuss the outcomes from the H5P reflection/assessment
- Display posters within the school
- Create a program for others based on what worked for you