

Bounce Forward  
**Healthy Minds Compact**

A little progress each day adds up to BIG results

Thirty-six, 15 – 20-minute activities designed for tutor. The lessons cover the following:

1. Knowing my unique qualities
2. What is resilience, what it means and why it is important
3. Understanding how kindness connects with mental fitness
4. Building vocabulary for the range of emotions that I can feel
5. Identifying when emotions are helpful or unhelpful
6. Having techniques to calm down unhelpful emotions: Bodily techniques
7. Having techniques to calm down unhelpful emotions: Distraction techniques
8. Having techniques to calm down unhelpful emotions: Social techniques
9. The link between thoughts, feelings and behaviour
10. Understanding how I think
11. Recognising unhelpful thoughts
12. Sharing my unique qualities with others
13. Nurturing my optimistic muscle
14. Avoiding traps that make us give up or stop
15. Knowing what makes me feel happy
16. Understanding the link between sleep and mental fitness
17. Exploring social media
18. Consider the benefits of analogue and digital spaces for emotional wellbeing
19. Create guidelines for positive use of social media
20. Setting healthy habits for sleep routines
21. Catching sight of thoughts that snowball
22. Creating a mental balance
23. Learning to dial my strengths up and down
24. Using my strengths in the difficult moments
25. Feeling connected to others
26. Expressing gratitude to the people around me
27. Understanding the different types of social connection
28. The art of listening
29. Using process praise
30. Expressing empathy and compassion
31. Understanding different communication styles
32. Exploring hope for my future
33. Setting personal goals for who I want to be in future
34. Setting goals that will benefit my school community
35. Creating a school campaign
36. Sharing campaigns

Structure:

- Lesson overview
- Lesson learning outcomes



- Interest activity to spike interest/set the tone
- Practice/experiential activities – individual/paired/small group/whole class
- Reflect/discuss
- Review learning outcomes
- Something to take away

You do need to be an expert to deliver Healthy Minds Compact because all resources, notes, and support are neatly designed into the package.

You need 20 mins of 1 tutor time, once a week.

Support and informal CPD is provided through this community. Check out the videos available now in the [Psychological Fitness](#) resource area.