



Curriculum Ring 2: Healthy Mind & Body

“Healthy mind in a healthy body”

Latin Proverb

HEALTHY MIND + BODY

Sport for Everybody

Healthy Mind

Defining and Boosting Health

Know Your Adolescent Brain

Emotional Intelligence

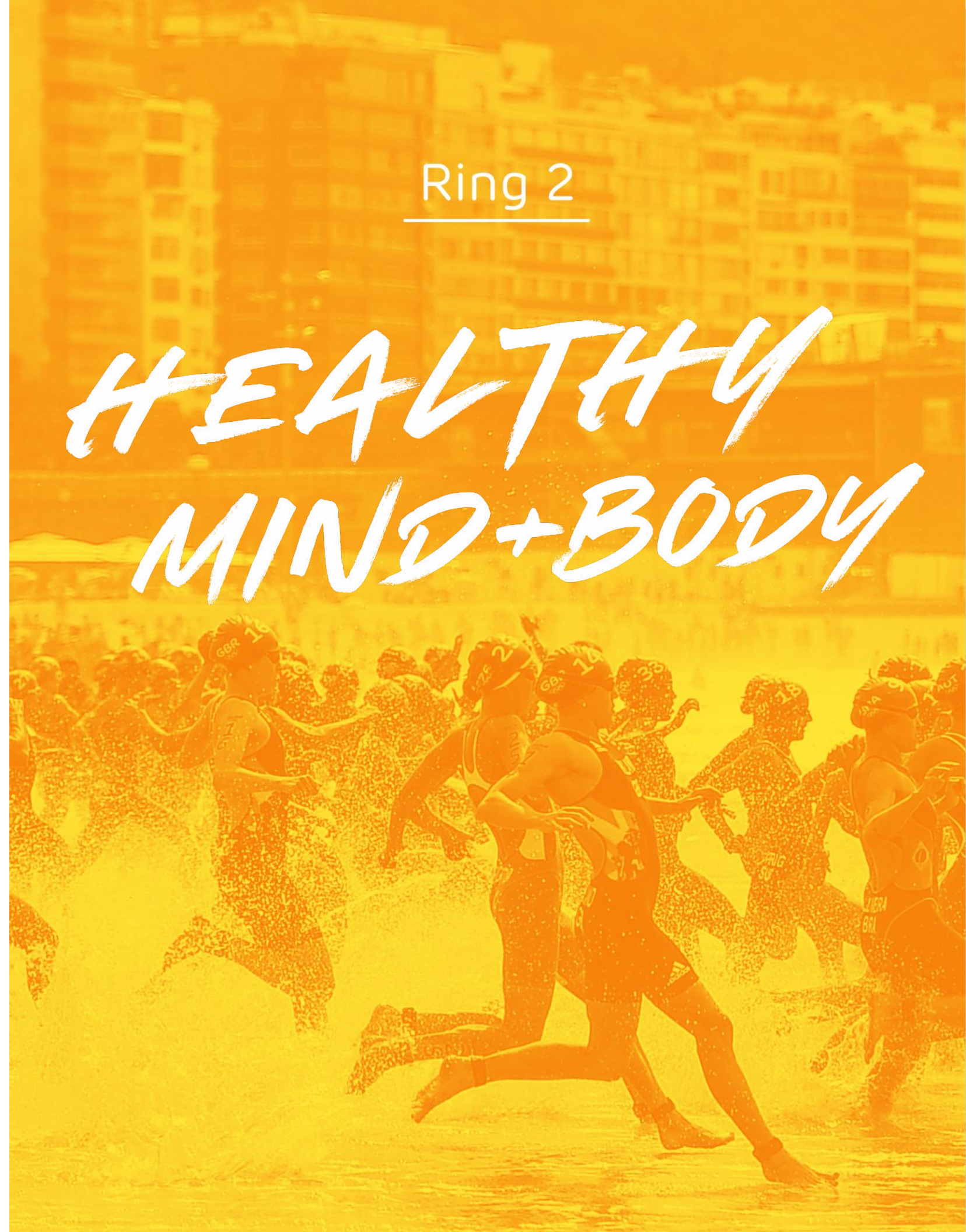
Benefits Of Sport & Exercise

National Health & Activity Plan

Class Activity- Making sense of the statistics

Ring 2

HEALTHY MIND+BODY



Round 5

8

LET'S
GO!



Boxing

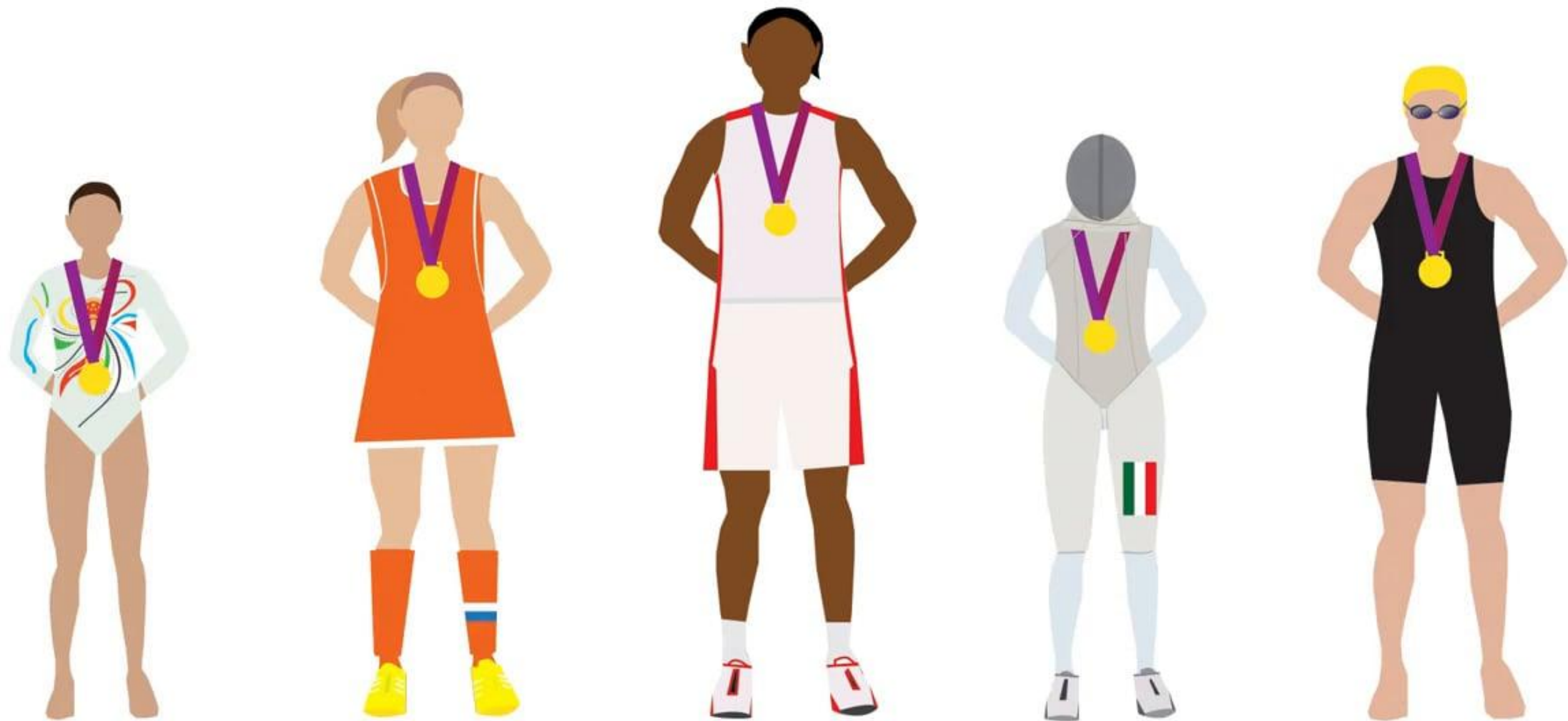
European Medallist – Gráinne Walsh



Hockey

Olympian – Shane O'Donoghue

Sport For Every Body



Olympic Sports include a wide range of sport that require a wide range of body types. Look at this short montage of women gold medallists from the London Olympics. What did you notice in this video?



Class Question

Can you name an activity or sport that predominantly use these types of exercise (e.g. running, swimming, gymnastics?)

- Aerobic
- Flexibility
- Coordination
- Speed
- Strength
- Gracefulness
- Combination of all of the above



Class Activity



[Watch Anatomy Of](#) to gather facts about the sports and athletes.

Compare and contrast 2 different athletes from two different Olympic sports on the basis of 1) physical requirements 2) mental skills required 3) other eg. equipment etc. Work in teams of two or alone. Present findings to the class.

Olympic GamesAthletesSportsNewsOlympic Channel



ORIGINALS | Anatomy of
S1 - EP 1 - Anatomy of a Snowboarder: Hidden strengths of slopestyle star Sven Thorgren



ORIGINALS | Anatomy of
S1 - EP 2 - Anatomy of a Rugby Player: How strong is silver medallist Tom Mitchell?



ORIGINALS | Anatomy of
S1 - EP 3 - Anatomy of a Diver: Is Yona Knight-Wisdom's physique perfectly balanced?



ORIGINALS | Anatomy of
S1 - EP 4 - Anatomy of a Biathlete: Can Monika Hojnisz control her heart rate better?



ORIGINALS | Anatomy of
S1 - EP 5 - Anatomy of a Gymnast: Is Vanessa Ferrari the most flexible athlete?



ORIGINALS | Anatomy of
S1 - EP 6 - Anatomy of a Cyclist: Can Jolanda Neff outperform marathon runners?



ORIGINALS | Anatomy of
S2 - EP 1 - Anatomy of an Ice Hockey Player: Jenn Wakefield reveals explosive power



ORIGINALS | Anatomy of
S2 - EP 2 - Anatomy of a Figure Skater: What are Mae Berenice Meite's hidden powers?

Class Quiz

Take our [Healthy Mind & Body Quiz](#)

- 1) What does the term "Mens sana in corpore sano" mean?
- 2) Can you list the seven macro nutrients?
- 3) What is the recommended amount of exercise for teenagers?
- 4) What is the recommended amount of sleep for teenagers?
Do you meet this recommendation?
- 5) What is the recommended amount of screen time for teenagers?

2. Healthy Mind

? Class Question (to discuss in small groups or as a class)

What does mental health mean to you?

Discuss the different elements of a healthy mind platter below.

What are some examples for each element? Write them in your notebook.

How has Covid-19 affected people's ability to keep this platter balanced?



The Healthy Mind Platter for Optimal Brain Matter

Know Yourself

4 Ways to Improve Mental Health:

- Self Awareness: being attentive to one's environment and one's own body.
- Connections: experiencing kindness and compassion.
- Insight: increasing curiosity and self-knowledge
- Purpose: understanding one's motivations and values.



Class Activity

You've got one battery of energy for the day. Think of the things that drain the battery or charge it up. Fill in the list below.

When you're feeling low go to this list and see if you can remove some of the drains and increase the number of energizing tasks you can do.

+ CHARGE ME UP

e.g. listen to music, go for a walk

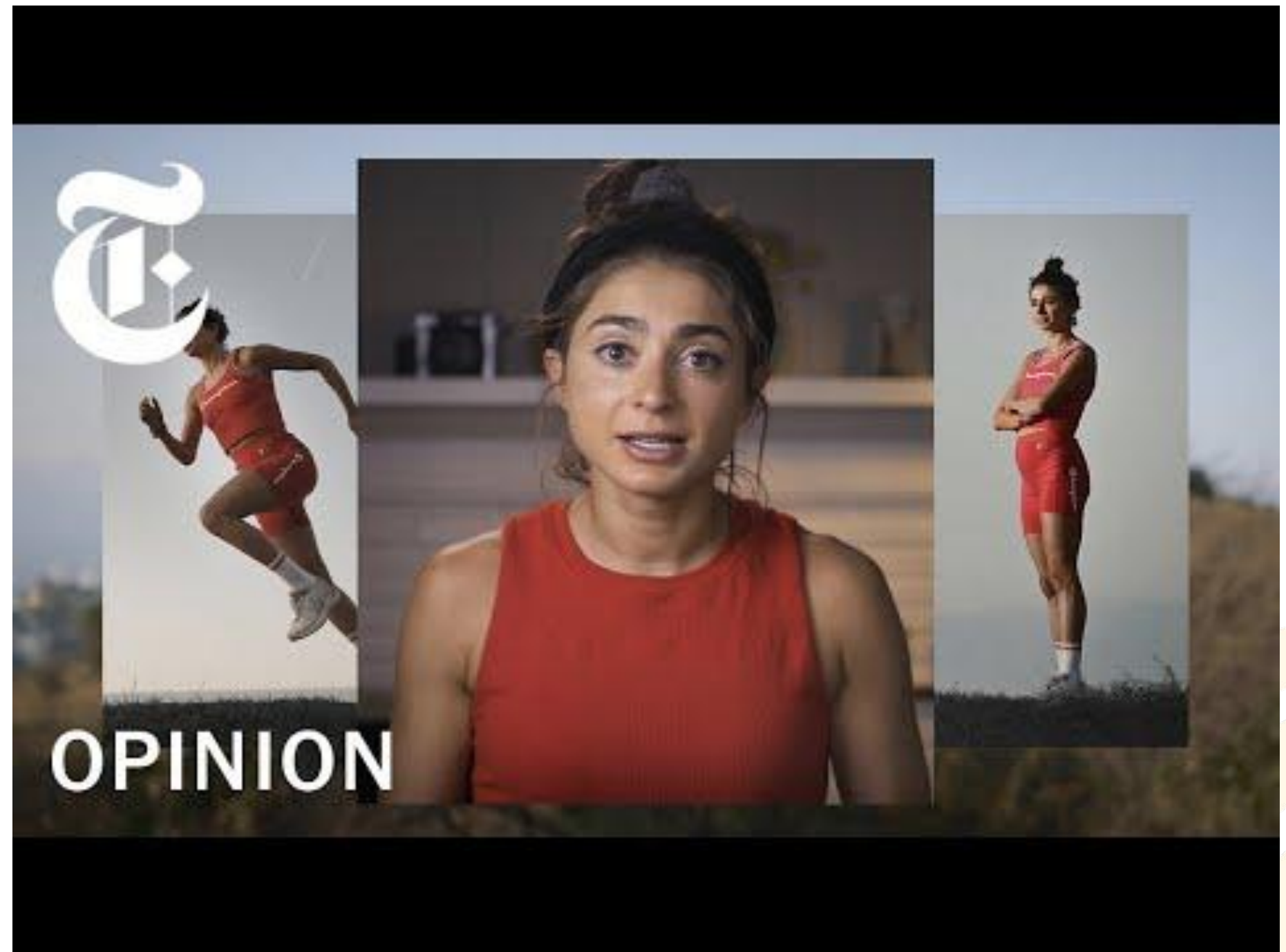
– DRAIN MY BATTERY

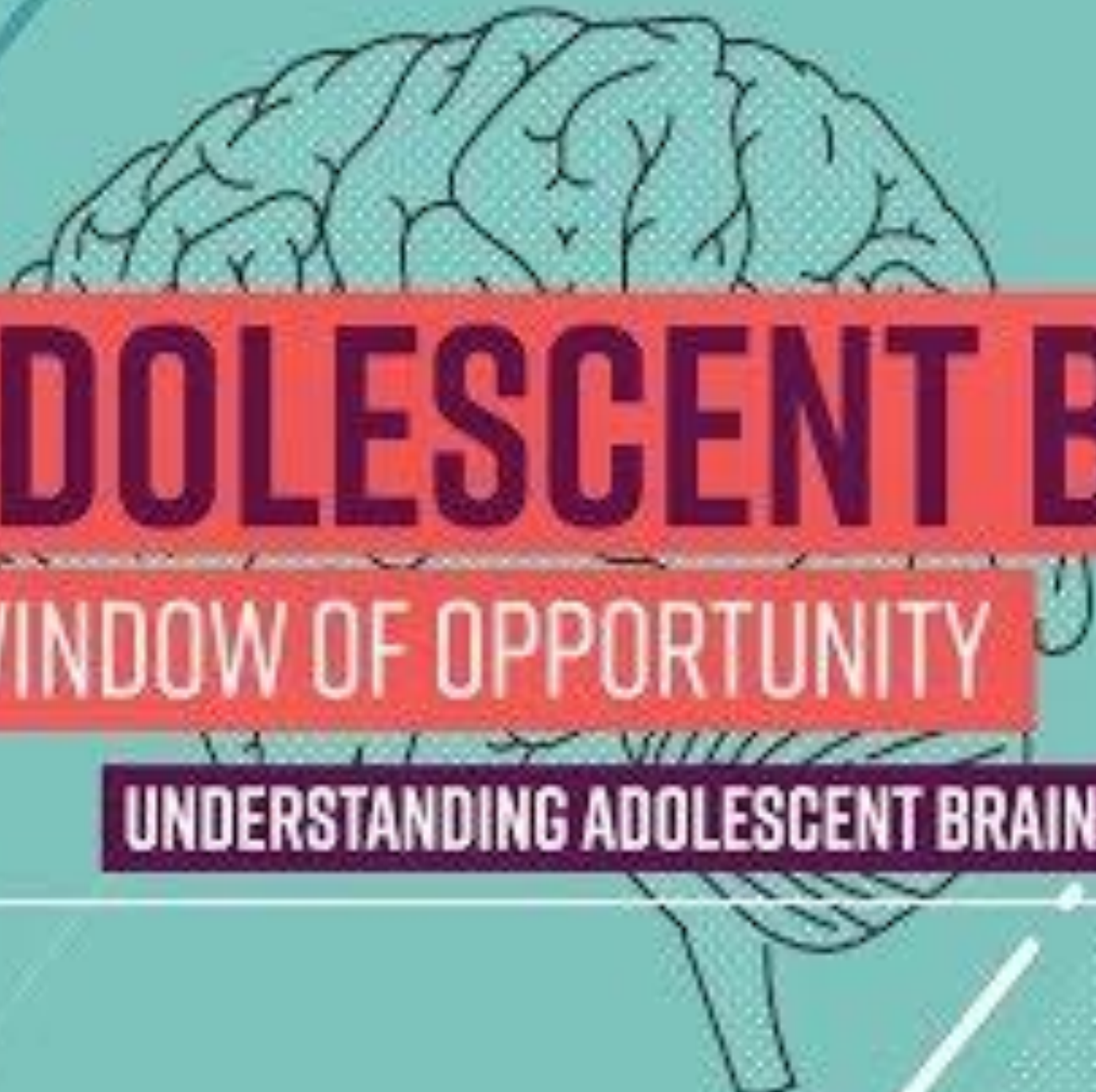
e.g. going on social media, texting negative people.

Healthy Mind cont.

Mental health is defined as a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

Mental illness can affect anybody, even Olympic athletes like Alexi Pappas in the video below. There is no shame in struggling with any mental or physical injuries. [Seek help if you need it.](#)



A stylized line drawing of a human brain is centered in the upper half of the slide. A hand is shown from the bottom, with the index finger pointing upwards towards the brain. The background is a teal color with some white geometric lines and a halftone dot pattern.

THE ADOLESCENT BRAIN

A SECOND WINDOW OF OPPORTUNITY

UNDERSTANDING ADOLESCENT BRAIN DEVELOPMENT

Know Your Adolescent Brain

? Class Discussion

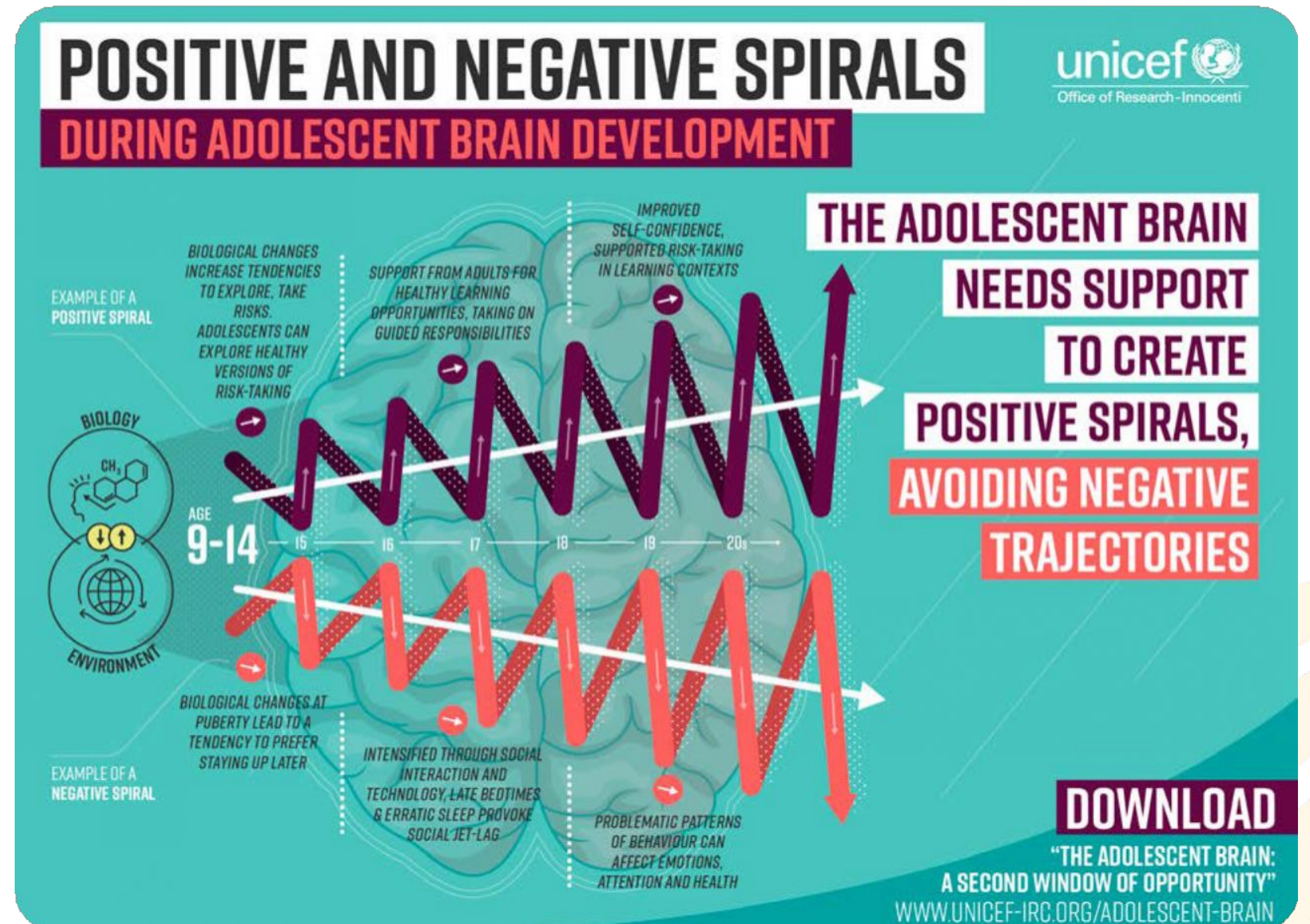
The Adolescent Brain:
Vulnerability + Opportunity.

Adolescence is a time of significant growth and development inside the teenage brain. This graphic mentions that the adolescent brain is programmed for sensation-seeking, social relationship and sensitivity to social evaluation.

Is that true for you?

It's also a time for intense learning and brain development.

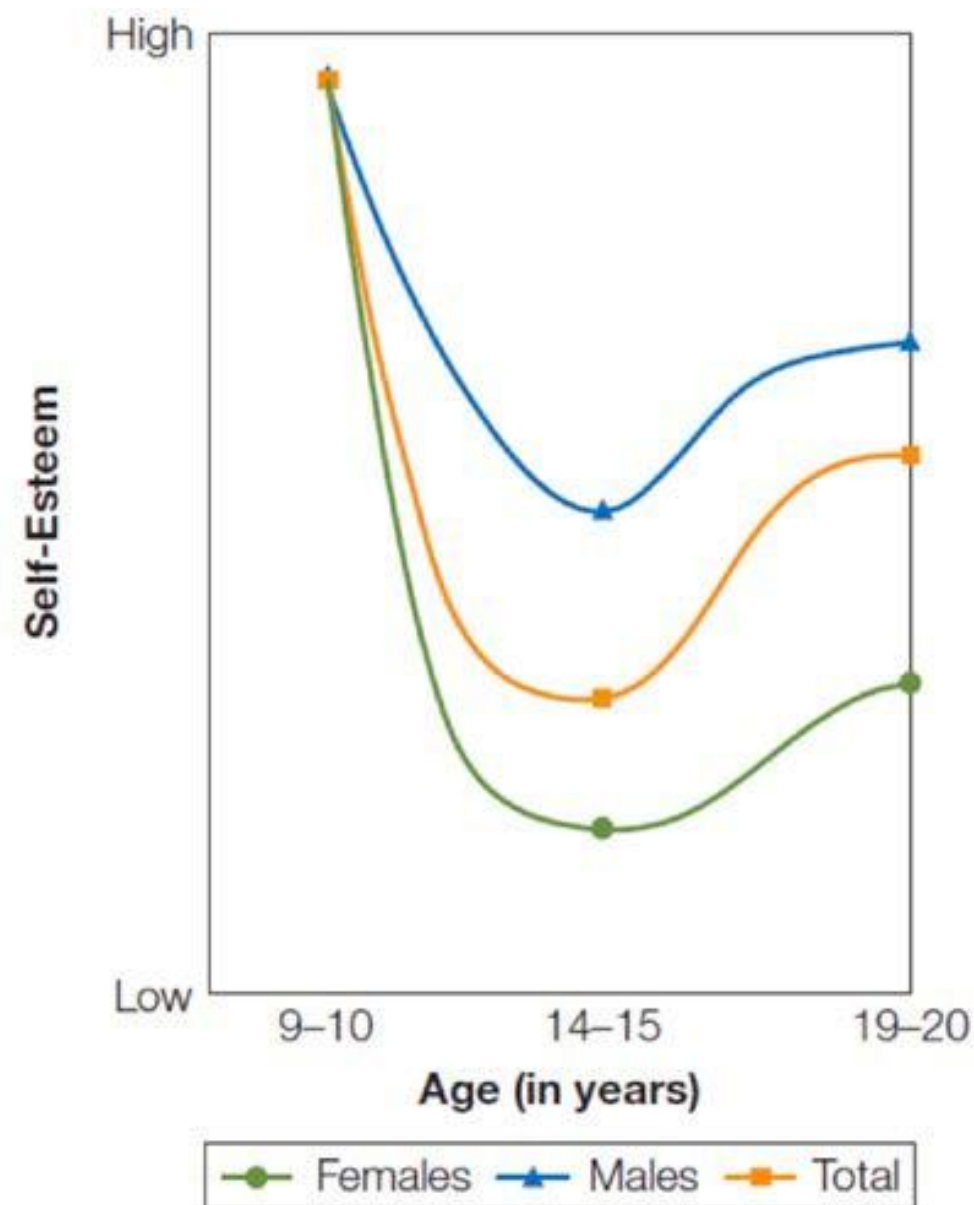
Do you agree?



[see larger at unicef-irc.org](http://www.unicef-irc.org)

Self Esteem

For females, self-esteem is high at ages 9-10, drops to a low level at ages 14-15, and rises gradually at age 19-20, although it does not return to earlier high levels. For males, the same pattern is apparent, although self-esteem does not drop as far at ages 14-15 as it does for females, and it rises to a higher level at ages 19-20. *Why do you think this happens to teenagers?*



Class Question

Why do you think this happens to teenagers?

What can teenagers do to prevent this decline?

What are some ways teenagers can improve self esteem and confidence?

Adolescent Brain



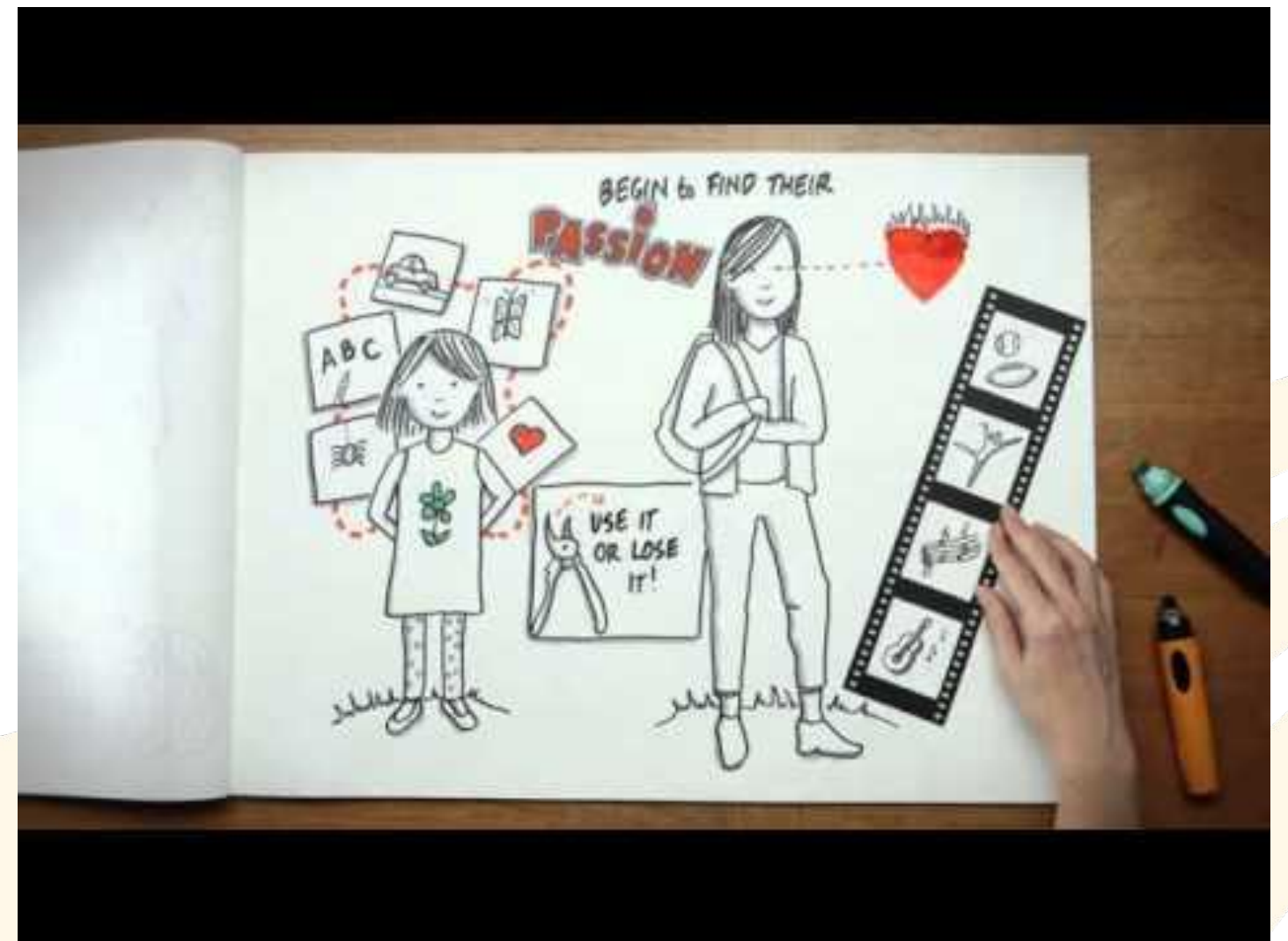
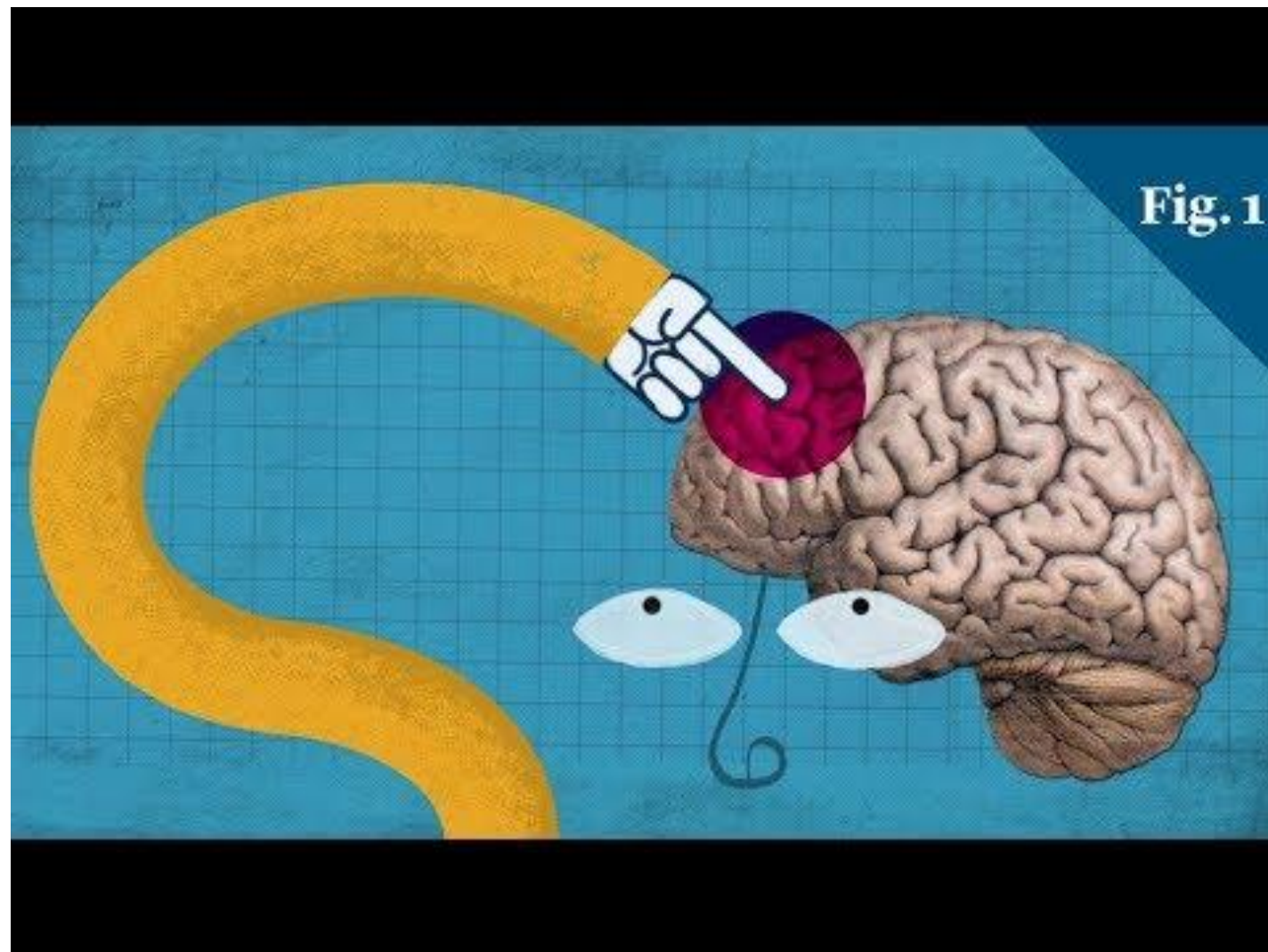
Class Activity

Watch these videos on the Adolescent Brain.

What do you think is amazing about the adolescent brain?

What did you think of these videos — were there things you could relate to?

What insights have you gained from watching these videos?



Emotional Intelligence



Class Question

Emotional intelligence refers to the ability to identify and manage one's own emotions, as well as the emotions of others.

Why is emotional intelligence important?



- R**ecognizing emotions in self and others
- U**nderstanding the causes and consequences of emotions
- L**abeling emotions accurately
- E**xpressing emotions appropriately
- R**egulating emotions effectively

R. U. L. E. R.

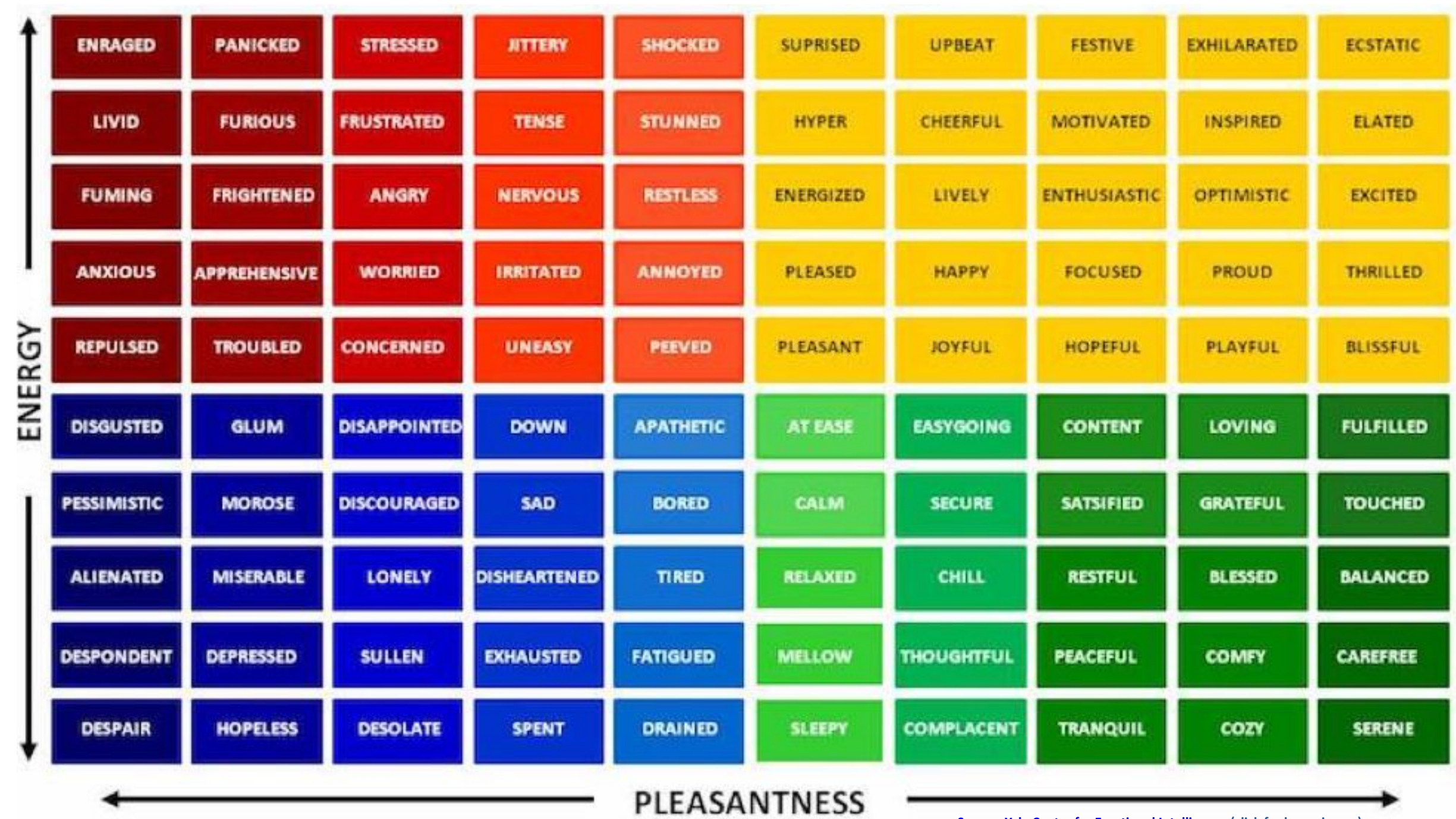
*What are some ways to regulate emotions
(eg. feeling lonely —> call a friend.
feeling energetic —> go for a run.)*



[Self Regulation Activities](#)

Mood Meter

How are you feeling?

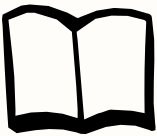


[Source: Yale Center for Emotional Intelligence \(click for larger image\)](#)



Class Activity

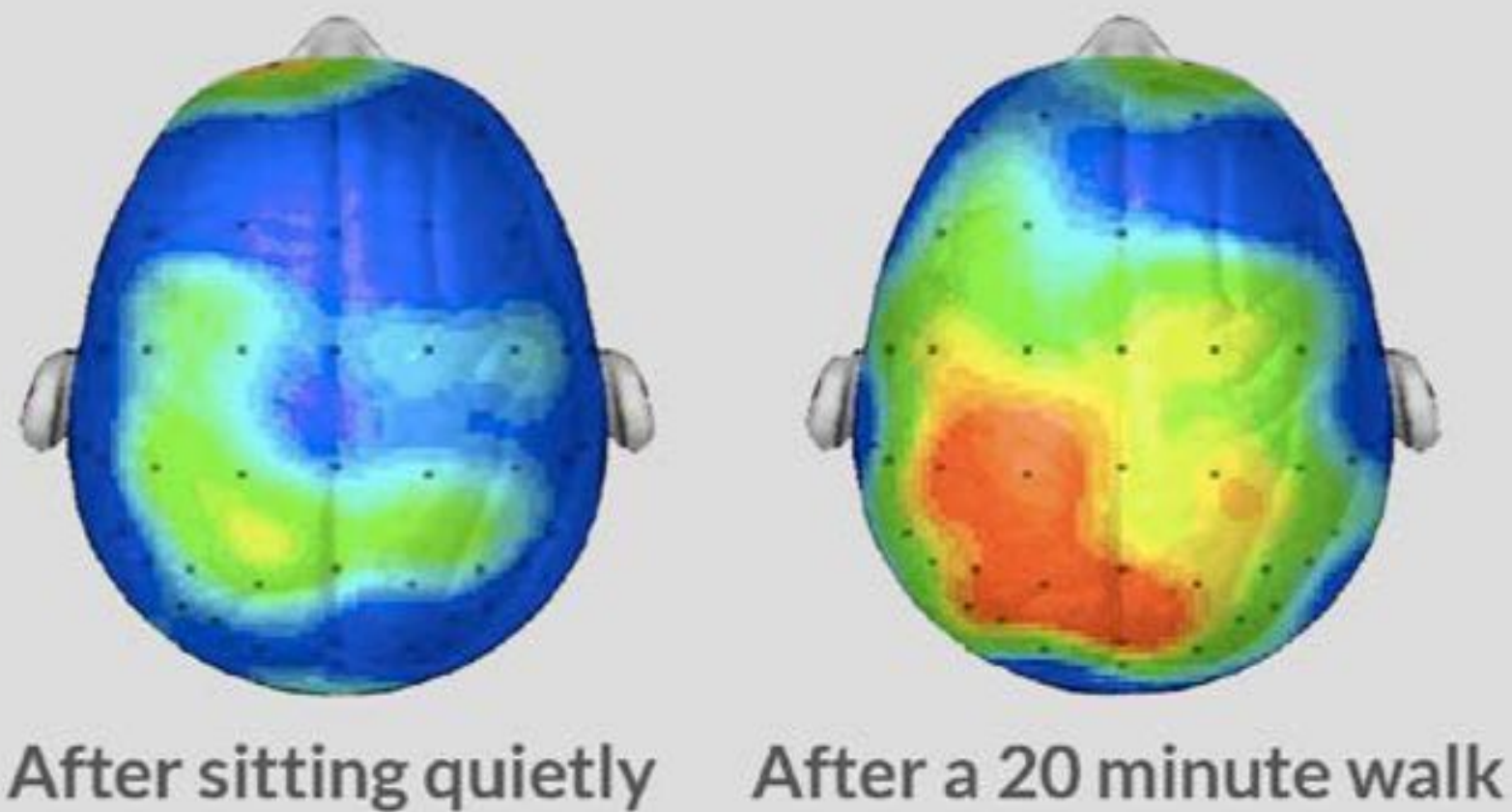
Break the class into groups of 4. Pick an emotion from the Mood Meter chart below and act it out. The other students will try to guess which emotion the person is acting out.



Body Language Game

Benefits Of Sport & Exercise

Images of your brain before and after exercise

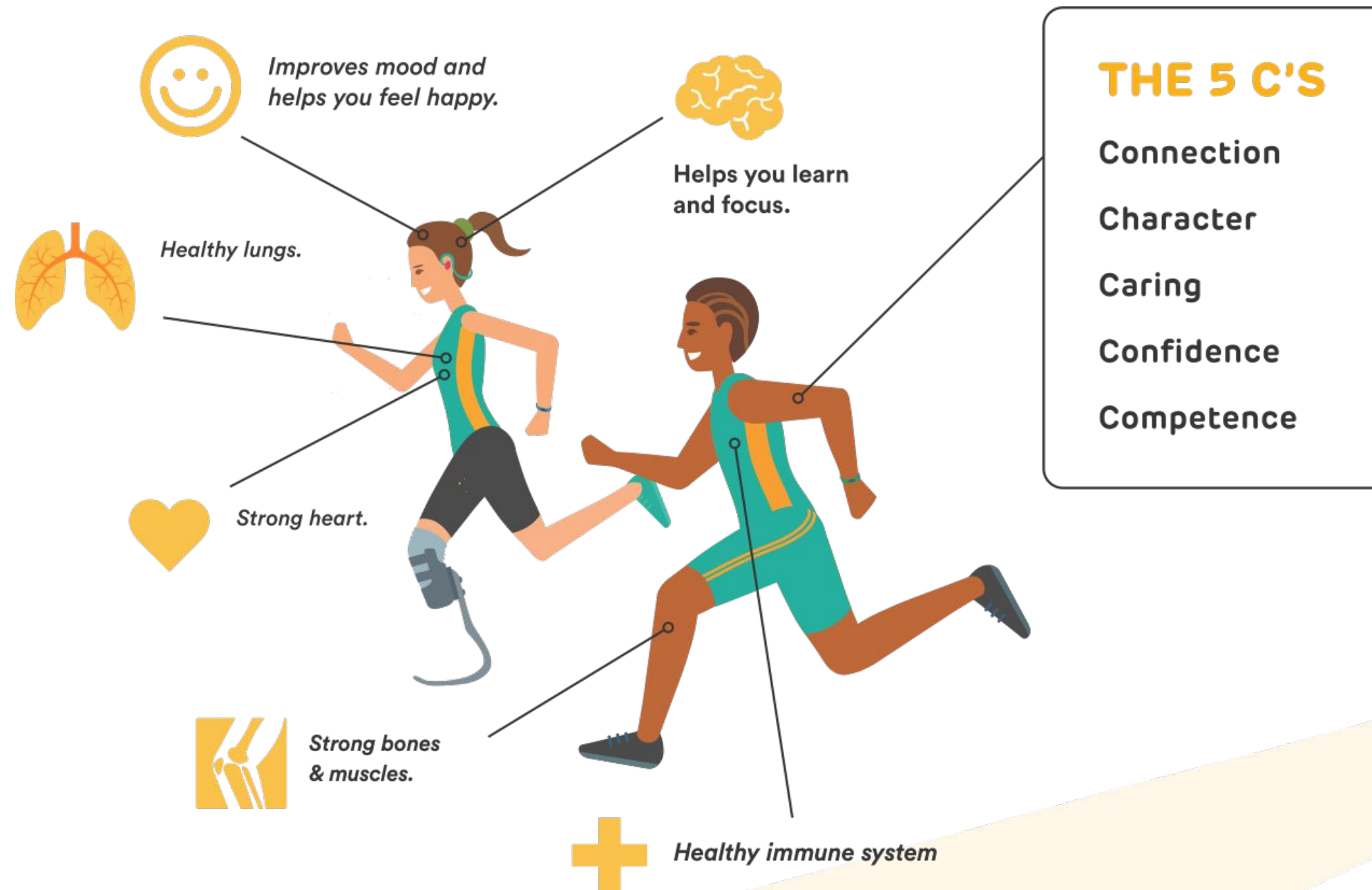


Research/Scan compliments of Dr. Chuck Hillman, University of Illinois

These are Benefits of Exercise on the Brain:

- Decreased stress
- Decreased social anxiety
- Improved processing of emotions
- Prevention of neurological conditions
- Euphoria (short-term)
- Increased energy, focus and attention
- Improved memory
- Improved blood circulation
- Decreased 'brain fog'

Benefits Of Sport & Exercise (continued)



Physical Benefits

We know the benefits of exercise and sports on our body and brains, but let's look at all the benefits of sport and exercise on our mind, body and character.

1 Sport participation helps girls grow up healthy and confident

Girls who play sports ...



... have greater social and economic mobility ...



... have greater personal safety ...



... are less likely to use drugs ...



... and perform better in school ...



... and the differences are even more pronounced for girls from minority groups.

"When girls have equal access to sport, the positive results are undeniable."

Donna de Varona

Olympic champion and Lead Advisor for the EY Women Athletes Business Network

2 Sport experience helps young female leaders rise



74%

of executive women say a background in sport can help accelerate a woman's career.

Women who played sports:

- ▶ See projects through to completion
- ▶ Motivate others
- ▶ Build strong teams

+7%

higher annual wages of former athletes vs. non-athletes



3 Sport backgrounds help C-suite leaders succeed



94%

of women in the C-suite played sport.



52%

of C-suite women played sport at the university level, compared to 39% of women at other management levels.



77%

of C-suite women think that women who played sport make good employees.

These are Benefits of Exercise on Social Development:

Participation in physical activity can assist in the social development of young people by providing opportunities for self-expression, building self-confidence, social interaction and integration. It has also been suggested that physically active young people more readily adopt other healthy behaviours (e.g. avoidance of tobacco, alcohol and drug use) and demonstrate higher academic performance at school.

- Leadership
- Teamwork
- Positive relationships
- Academic performance
- Healthy behaviors
- Community minded



Class Physical Activities

Part 1: Brain on Body:

Breath Exercise

Listen to the teacher's directions.

Did you notice any difference between attempt one and attempt two?



Class Question

How did you feel before and after each activity?

Part 2: Body on Brain:

Feel the Beat Exercise

1. Find your pulse. Count it for 20 seconds.
Multiply number by 3.
My pulse is _____
2. How are you feeling on scale of 1-10 (best ever)?
I'm feeling _____
3. Run around the yard/hall at a slow easy jogging pace for 1-2 mins.
My pulse is _____
I'm feeling _____
4. Now run as fast as you can around the same area giving your best effort.
My pulse is _is _____
I'm feeling _____
5. Take 3 mins to relax and stretch (go back to class).
My pulse is _____
I'm feeling _____

What did you learn in this exercise?

The problems in Ireland...

National Physical Activity Plan Implementation Summary 2019



An Roinn Turasóireachta, Cultúir,
Ealaíon, Gaeltachta, Spóirt agus Meán
Department of Tourism, Culture,
Arts, Gaeltacht, Sport and Media



An Roinn Sláinte
Department of Health



- Only **13%** of Irish children reported meeting the physical activity guidelines of at least 60 minutes of moderate-to-vigorous physical activity daily (**17% primary children and 10% post primary children**).
- Fewer girls (**9%**) met the physical activity guidelines than boys (**17%**). This gender difference was evident in both primary (**13% vs. 23%**) and post primary (**7% vs. 14%**) schools.
- In post primary schools, pupils from lower socioeconomic backgrounds were less likely to meet the physical activity guidelines.
- **Children who met the guidelines had higher levels of cardio-respiratory fitness which is an important marker and predictor of cardiovascular health. Active children reported higher levels of happiness.**

Class Activity- Making sense of the statistics

Develop Empathy – Empathy is about listening and paying attention to how the person feels. Students will try to understand some of statistics about teenagers.

1. Break students into small groups and have them interview each other (classmates) and ask them about some of the statistics you care about most from the findings from Health & Activity research.
2. Student's aim is to understand the problem
 - a. Ask open ended questions ((what, why, and how)
 - b. Listen for something unexpected!
 - c. Ask why...and then ask it again...and again...
3. Next slide includes a list of questions to consider

Class Discussion or Small group breakout suggested questions

- Why do you think girls are less likely to meet the physical activity standard?
- Why do you/don't you get 60 mins of activity per day?
- Why are activity levels so low for teenagers?
- Why are fewer girls doing sport than boys?
- What stops boys and girls from getting the recommended amount of physical exercise?
- How can we increase levels of exercise among girls and boys?

Now we want to hear from you!!!

[Take our online survey](#) and share your opinions with Dare To Believe!

Dr. Orlagh Farmer researches Irish youth and found the following:

Reasons for sport involvement:

- Fun
- Social Interactions
- To Compete & Get Better
- Fit & Healthy
- Mental Health/ Relieve Stress
- Community Involvement

Reasons for quitting sports:

- Fun has gone
- Coaches too strict/negative relationship
- Too competitive
- Negative influence of friends
- Body Image/ Lack of Confidence
- Other time commitments (study, job etc)
- Lack of choice in activity
- Weather

Did you find any of the same answers?

How about your own reasons?