

# Meaningfulness wellness tips

A dark blue, solid-colored shape that starts as a thin line at the bottom left and expands diagonally upwards to the right, filling the bottom half of the slide.

# **Six key components of meaningful physical education**

(Fletcher, Ní Chróinín, Gleddie, and Beni)

# Why is this important?

A meaningful approach to teaching PE includes

- **social interaction/challenge/  
fun/motor competence/  
personal relevance/delight.**

Consider these six components from your students' perspectives *and* from your classroom experiences.

# How can you implement this strategy?

- Weekly score sheet (Thursday afternoons) with or without a partner
- Score just one component (why was social interaction meaningfully done this week?)
- Social interaction for students (rotating warm-up circuit with poly spots and questions)
- Social interactions for teacher [T/Th PB]
- <https://meaningfulpe.wordpress.com/>

# Visualizing your purpose



# Why is this important?

Understanding purpose helps us to strengthen relationships and achieve our goals as well as improve sleep.

# How can you implement this strategy?

- Find a comfortable place and, if you would like to, you can record any reflections that you have. Once you are ready, relax your shoulders, close your eyes, and focus on your breathing. Take a few slow, deep breaths.
- Think about the world around you. If you could change one thing in society, what would it be?
- Imagine this ideal world. Visualize it manifesting before you. Notice what you see and how you feel.
- Is there anything that you can do to make this a reality? It can be big or small—anything, really. Think of some manageable steps that you can take to get a little closer to what you've imagined.
- Return your focus to your breathing to finish this practice.

# How to awaken joy





# Why is this important?

Focusing on joy helps to activate the parasympathetic nervous system, which helps calm down our bodies so that we feel calmer, at peace, and with improved creativity.

# How can you implement this strategy?

- Think about an area of your life (anything) that brings you joy.
- Imagine yourself experiencing a moment of happiness. Feel the smiles, the sense of peace, and laughter.
- As you reflect on the moment, say to yourself, “May my joy and my happiness increase.”
- Next, practice something called “sympathetic joy” by thinking about someone you know having a great, joyful experience.
- As you think of this person in their joy, say to them in your mind, “May your joy and happiness increase” or “I am happy for your happiness, and may your happiness continue.”
- Remember that happiness is infinite and can be experienced over and over again. Being joyful for others is a way to increase your own sense of joy too.

**Awe for others**



# Why is this important?

Cultivating awe of community helps to improve immune health, a sense of joy, and reasoning ability, and it helps us to acknowledge social relationships that can help us feel a greater sense of support to improve happiness.

# How can you implement this strategy?

- Find a place where you can close your eyes, relax, and feel safe. Notice your breathing and take deep, intentional breaths.
- Think about a community that you are a part of, whether it is a work, recreation, or spiritual community or any group that you are a part of. Cultivate a sense of being with that community in your mind.
- Reflect for a few minutes on the faces of the people in this community and bring them into your mind. Notice details of their eyes, smiles, and even their tones of voice or the sounds of their laughter.
- Think about this quality of all communities: that all of these separate individuals create one whole (group of people).

# Strategies (continued)

- Think about how each person contributes to this community to create that whole.
- Contemplate how everyone in this community is connected and how they're mutually influencing each other in various ways.
- Think about what shared values unite all these people and what they have in common.
- Imagine yourself within this network of connected individuals and create a sense of what connects you with them. Think of these individuals as threads of mutual influence. It doesn't all have to be good; tension is a part of being a community, too.

# Five minutes of gratitude



# Why is this important?

Focusing on positive aspects of your life helps you feel better and improves well-being. This practice also helps you not overlook small good things in your life. It also helps benefit cardiovascular and immune health as well as promote dopamine release in the brain, which improves mood.



# How can you implement this strategy?

- Sit or lie down somewhere when you can close your eyes if you want to, and take slow, deep breaths in to ground yourself into the present moment. Then, scan your body from head to toe and notice how you're feeling at this moment. Let worries and any plans you have clear themselves from your mind.
- Start by thinking about all the things that make your life comfortable, such as clean tap water, lights coming on at the flip of a switch, a roof over your head to protect you from the weather, and warmth or comfort when it gets windy, rainy, or cold.
- Let your mind wander to all the people who have worked hard to make your life more comfortable:
  - people who plant and harvest the food you eat, people who bring food to markets, people who ensure that the water we drink is clean, delivery drivers, teachers, all the people who create art and music and books and films, and all the things that can bring us so much meaning, etc.

# Strategies (continued)

- Think about the acquaintances in your life who bring richness to your life, such as a colleague, neighbor, or someone you often see at the gym or a coffee shop.
- Think about what you're really grateful for today, right now.
- Notice how you're feeling now compared to when you started this activity, and then start to bring movement back to your body by wiggling your fingers and toes or slowly standing up.
- If you have the time, spend a few minutes journaling about what you thought about during this activity.