


Mental health & relaxing



The background of the slide features a blurred image of a waterfall cascading over rocks into a pool of water. In the foreground, a stack of five smooth, dark grey stones is balanced on a mossy rock. The top-left corner of the slide has a yellow curved shape with several small green circles and triangles scattered within it.

Relevance of relaxing

- stress from school or home
 - (e.g. fight with friends)
 - exams + homework
- improved brain function (memory, concentration etc.)
- reduction of nervousness (e.g. before a presentation)
- body health (muscles tension, heart etc.)
- avoiding depression, anxiety & obesity

Daily school routine

- long day school: 3- 4 days a week until 3:30 p.m.
- School start at 8:10 a.m.
- 3- 4 times a week a 1 hour break
- 1- 2 times a week until 12:50 p.m.
- 10 minute breaks between every lesson
- 20 minute break between the 2nd and 3rd lesson
- The older students have a different school routine

What we have:

(sports & relaxing offers)

- Maximo (just for students until 7th grade) and clubs
 - tennis
 - fitness
 - Jump Style
 - golf
- 2 sport lessons a week
- room of silence

What is missing:

(sports & relaxing offers)

- sport offers for older students
- more places for relaxing
- short exercises for relaxation during the lessons
- Schedule/offers for the room of silence

Our sports and relaxing places



Room of silence



sports hall



football/basketball court

Our ideas to improve the mental health at the MKG

1. Instagram channel

- we will upload short Yoga sessions
 - to improve brain function and to avoid stress and depression
- every student is free to use this channel
 - when they need relaxation at home

2. Guideline for teachers during the lessons

- including short Yoga exercises for breathing and relaxing
 - when the students get too loud and unfocused
 - to reduce nervousness before a presentation
- each teacher will be given a copy

Thank you for
your attention!





Sources

<https://beingwell.yale.edu/sites/default/files/files/2016%20July%20Momentum%20Yale.pdf>

