



**Co-funded by
the European Union**

Work Package 4 – My brisk exercise

- objective: to maintain good mental health by doing physical activity, to get improvement in mental well-being, good vibe and attention

-expected outcome: increased focus, awareness and overall well-being

- methodology: Participants practiced “My brisk exercise” for 3 months. At the end, they reflected on the changes they noticed and they set goals on further physical exercises, to maintain their motivation and focus. Working towards attaining short-term goals on a regular basis of physical exercise ensured a supply of motivation.

School No 195

During lessons, teachers and students had a few minutes break for doing some brisk exercises, in order to maintain good mental health, good vibe and attention. Teachers and students also met after lessons, for 10 minutes brisk walking, starting from school to park /church/shop, 3 times a week, to get improvement in mental well-being. After each month, pupils met to give feedback on what they noticed had happened, improvements. After a month, they could replace 10 minutes of brisk walking with running/body exercises.

After "My brisk exercise" physical activity, participants reflected on the changes they noticed, setting goals on further physical exercises, to maintain their motivation and focus. Working towards attaining short-term goals on a regular basis of physical exercise ensured us a supply of motivation. Practicing brisk exercise, they reduced stress, anxiety levels, stimulating higher levels of activity. Being physically active, they learnt to live in present instead of being stuck in the grief of past.

Students proposed for “My brisk exercise” to be done regularly in the gym, in their classrooms. They said brisk exercises were very useful after 3 hours of intense studying. Sometimes, as our students suggested, we decided to start an English/maths/ Romanian lesson with 3 minutes of brisk physical exercises, because students got more energized, their level of attention increased significantly.

At the beginning of “My brisk exercise” sessions, there were 41% of all participants; at the end of the project, 86% declared they had “My brisk exercise” sessions at least 2 times since project began.

In the Romanian School the number of people attending "My brisk exercise" activity and receiving mindfulness education: "My brisk exercise" had 68 teachers/ 1285 students/ 75 refugees/ 308 parents/ 195 people from local community.

5o Gymnasium Neapolis Thessaloniki

1. The students of the first class of the 5th high school of Neapolis performed brisk exercise. They performed 10' exercise and set goals to perform this 3-4 times a week and outside of school with

the aim of enjoying the multiple benefits for the body such as a good mental mood, strong muscles and clear mind.

2. The students of the 5th high school of Neapolis perform brisk exercise. They concentrated on doing the exercises correctly with the aim of being motivated to repeat them because they have a healthy body.
3. The students of the first grade of the 5th Gymnasium of Neapolis set as a goal do brisk exercise inside and outside from the school. The motivation was the brisk walking with their friends in places close to nature. They set a goal to do this exercise 3-4 times a week for 10 minutes. And so the benefits for the body will be many. Some of the benefits of exercise are reducing stress or increasing their energy levels as well as many changes in their body image .

Agrupamento de Escolas de Penacova

My Brisk Exercise "My Brisk Exercise" is an activity focused on mindfulness and students' emotional well-being. This activity was led by the School of Penacova in Portugal. It aimed to encourage regular physical exercise as a tool to reduce stress, improve concentration, and enhance mental well-being. The methodology consisted of daily physical exercise, allowing participants to reflect on the impact of movement on their emotions, focus, and motivation. By the end of the three-month period, students were expected to gain greater awareness of the importance of movement for mental health, experience reduced levels of stress and anxiety, and improve their ability to be present and emotionally resilient. Additionally, they reflected on the effects of the exercise and set new goals to maintain the practice. This activity was part of the mindfulness work package within the project, reinforcing the connection between body and mind to support a more conscious and balanced learning experience.

Paldiski Ühisgümnaasium

Paldiski Ühisgümnaasium explored the possibilities of My Brisk Exercise during the so called Outdoor Break (Õuevahetund). During this 20 minutes, pupils were strongly encouraged to do gymnastics, take a brisk walk by the sea or use the outdoor gym and/or adventure trail (seiklusrada) in the school yard. The impact and experiences were discussed in the following lessons.

Vlogs:

<https://fb.watch/y4tdNICK6r/>

<https://fb.watch/y4tmsYcfz4/>

<https://fb.watch/y4txJQlaDe/>

<https://fb.watch/y4tH6M8n8B/>

<https://fb.watch/y4tQ09Y8-j/>

<https://fb.watch/y4u7DNCy5R/>

<https://fb.watch/y4uygcCyB-/>

<https://fb.watch/y4uWQXYbO6/>

<https://fb.watch/y4vn-aKjkn/>

<https://www.youtube.com/shorts/s5IJHoXhIJl>

<https://www.youtube.com/watch?v=OpU3L77smfE>

<https://www.youtube.com/shorts/yoVgaiLNWgU>

<https://youtu.be/7v45FvuQMN0>

<https://youtu.be/ctoC47apWok>

<https://paldgym.edu.ee/erasmusproject/18>

<https://paldgym.edu.ee/erasmusproject/19>

<https://paldgym.edu.ee/erasmusproject/20>