

## Tidy a Tatty Mind Worksheet

### TEACHER GUIDANCE SHEET

#### Required Material:

- ▶ Space to run around
- ▶ Pre-selected items for the activity
- ▶ P.E Kits (optional)

#### L.O:

- ▶ To understand why it is important for our own wellbeing to keep our surroundings clean, tidy and organised.

#### STARTING ACTIVITY (5mins)

**GROUP DISCUSSION** – Ask for volunteers to share whether they think they have a tidy or a messy bedroom and if they think they themselves are tidy or messy in general. Now discuss what the children think the benefits of having a tidy room are.

#### MAIN TEACHING (10mins)

Today we will be looking at the importance of keeping a tidy environment to help us keep our minds clearer. The messier an environment is, the harder it is to operate within that environment, for multiple reasons.

Ask the class for volunteers to suggest why this might be the case. You can accept such things as: making it hard to concentrate, distracting, harder to sleep, can't find things you need or stressful. But there are not really any wrong answers as different environments can make people feel differently.

Tell the class that if we keep an organised room, then it not only looks nicer, but creates a far cleaner atmosphere where we can sleep better, feel fresher, more confident, productive and less stressed.

#### MAIN TASK - Tidy a Tatty Mind (15mins)

**GUIDANCE** – This is an active exercise that you can make competitive if you think it is appropriate,

or if you think there are children who would prefer a non-competitive exercise then have the children go at their own pace.

In this activity we are going to make tidying up a race to see who can organise items in the shortest time. Remind the children that they can make tidying their own rooms into a challenge or a game to make it more fun. But the result will be the same, a tidy room and a clearer mind.

To prepare, choose three categories of items such as toys, bags and books and create two small areas for each type of item on the floor. Tell the children that we are going to be organising our items into their given categories to create a more structured environment.

Split the group into two and have them choose who will be searching for and collecting each item to put into its category. Now tell the children that they must collect three of each item to tidy into their space on the floor. The fastest and tidiest wins.

**GUIDANCE** – If there is just one child then you can time how long it takes them to collect the items.

#### PLENARY (2mins)

Have the children think about their own rooms and see if they can plan a way to organise things better to create a clearer environment to relax in.

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CHILDREN'S SHEET

In two teams, see who can organise their environments the fastest. Choose three groups of items (such as toys, bags and books), create a space on the floor for each category and select members of your team to find and organise each item. The group who organises their areas the fastest wins.

