



**BITE**

**BACK**

Youth  
Educator  
Resource



**Black Dog  
Institute**

# Mental Fitness Challenge Frequently Asked Questions

## What is the BITE BACK Mental Fitness Challenge?

The BITE BACK Mental Fitness Challenge (MFC) is a six-week challenge that covers several, recognised domains of positive psychology including Gratitude, Mindfulness, Social Connections, Character Strengths, and Meaning and Purpose. Each week introduces a new domain and coaches the participant to complete an activity that can build 'mental fitness' in that area.

The final week of the Challenge culminates with students developing a personalised MFC poster that captures the key concepts and what they've learned about themselves across the Challenge.

## Who is the MFC for?

The MFC is designed for students in Years 8, 9 and 10 but is also considered appropriate for students in all other year groups.

## What's in the MFC?

There are six modules within the MFC that are completed online. Each module takes 10-15 minutes to complete and contains:

- a quick animation to introduce the topic.
- some reading.
- an activity that is mostly conducted online.

Once a module is completed, subsequent modules will unlock the following Monday at 12am.

## Do users have to complete each week of the MFC in one go?

No, users can log in and out of the MFC and their progress will be saved as they go.

## Is the MFC fully mobile responsive?

Yes

## Are there prizes?

Yes. Participants collect brand tokens as they complete each week of the Challenge and go in the draw to win a \$250 gift voucher of the same brand. Prize draws are conducted on the final week of each school term. The user will go into the prize draw that is closest to the date of their completion.

# What else does BITE BACK offer?

## Explore

'Explore' largely contains the range of activities found within the MFC as independent items and is where users can continue to engage with BITE BACK beyond the MFC or separate to it.

This section is a great place for students to continue practising their favourite activities from the MFC or as a helpful introduction to the type of activities found within the MFC.

## Learn

'Learn' contains information on positive psychology and related domains, including those covered within the MFC such as gratitude, mindfulness and character strengths.

This section is a great place for students to find out more about positive psychology, the related benefits to mental health and the evidence for it. It's also a useful place for youth educators seeking to build a greater understanding of positive psychology and the principals behind BITE BACK and the MFC for class discussion.

## Mental Fitness Presentations

Covering similar positive psychology domains as BITE BACK, this is a free interactive presentation developed for high school students to demonstrate the benefits of keeping mentally fit. In this 30 minute presentation that can be delivered face to face and online, students will learn about the importance of mental fitness and be shown practical ways to build their mental health. Find out more and how to book [here](#).



# Tips for applying the MFC in the classroom

Teachers and youth educators can play a powerful role helping students get the most out of the MFC, especially in terms of participation and completion. The MFC can be applied as an out of class or in class activity, or a combination of the both. The following tips will help ensure both educators and students get the most out of the BITE BACK MFC.

- The Challenge aligns well with Mental health and wellbeing focus area of the Health and Physical Education Australian Curriculum. The MFC could also be applied during pastoral care or homeroom and can be completed in class time or as an out of class (homework) activity.
- We suggest starting the MFC at the beginning of the week (Monday) as the following week will be automatically unlocked on the following Monday at 12am.
- Help ensure student participation and adherence by introducing and wrapping up each week of the MFC using our simple 5 – 10-minute sessions.
- Work through the MFC in your own time so you know what's involved.
- To minimise potential bandwidth issues, limit users logging on to the MFC to one classroom at a time. It may also be worth streaming the animations within each module to the classroom as opposed to students watching individually, depending on the school's internet connection.



### Important!

We encourage users to create anonymous usernames when using BITE BACK and would request youth educators help facilitate this as much as possible.

Please also note that no posts containing identifying features (addresses, email addresses, links to social profiles, photos showing faces) will successfully pass moderation.

# Week One: Gratitude

<div><b>Introduction</b></div> <div>Approx. 5 – 10 minutes</div>	<div><ul style="list-style-type: none"><li>• <b>Introduce</b> the topic using the animation found at the beginning of the Challenge. Also available at this link: <a href="https://youtu.be/6sgu2wXCOPg">https://youtu.be/6sgu2wXCOPg</a></li><li>• Recap on the meaning of Gratitude with your students to ensure they have a basic understanding of what it is.</li><li>• <b>To build a richer understanding of Gratitude</b>, visit the <a href="#">Gratitude page</a> in the Learn section of the BITE BACK website.</li><li>• Encourage students to share with the class something they feel grateful for today.</li><li>• <b>Check in</b> with your student's mid-week to see how they are going.</li></ul></div> <div><b>Key point/s:</b><ul style="list-style-type: none"><li>• What do you do when you feel like you have nothing to be grateful for? Point out gratitude is about noticing things, no matter how small (like having shoes on your feet, the sun on your face) and acknowledging them and feeling good about them.</li><li>• Expressing gratitude is also an important part of improving gratitude levels. Encourage students to share their gratitude with others.</li></ul></div>
<div><b>Conclusion</b></div> <div>Approx. 5 – 10 minutes</div>	<div><ul style="list-style-type: none"><li>• <b>Wrap up</b> the topic using all or a selection of the questions below depending on what you have time for:</li></ul></div> <div><b>Core questions:</b><ul style="list-style-type: none"><li>• What did you find difficult about this part of the Challenge?</li><li>• What did you find enjoyable about this part of the Challenge?</li></ul></div> <div><b>Optional questions:</b><ul style="list-style-type: none"><li>• What did you learn from this part of the Challenge?</li><li>• Can you make gratitude a part of your daily life?</li><li>• Encourage students to share a piece of gratitude with the class or the person next to them.</li><li>• Play the <a href="#">Week 2 Mindfulness teaser clip</a>.</li></ul></div>





# Week Two: Mindfulness

<b>Introduction</b>  Approx. 5 – 10 minutes	<ul style="list-style-type: none"><li>• <b>Introduce</b> the topic using the animation found at the beginning of the Challenge. Also available at this link: <a href="https://youtu.be/CNmfZYBj2gA">https://youtu.be/CNmfZYBj2gA</a></li><li>• Recap on the meaning of Mindfulness with your students to ensure they have a basic understanding of what it is.</li><li>• <b>To build a richer understanding of Mindfulness</b>, visit the <a href="#">Mindfulness page</a> in the Learn section of the BITE BACK website.</li><li>• <b>Check in</b> with your student's mid-week to see how they are going.</li></ul> <p><b>Key point/s:</b></p> <ul style="list-style-type: none"><li>• Mindfulness is described as a way of paying attention. It means staying aware of what is taking place right now, rather than thinking about the past or the present.</li><li>• Practising mindfulness can give you a clearer head and trains your brain to slow down, making it a great way to deal with stress.</li></ul>
<b>Conclusion</b>  Approx. 5 – 10 minutes	<ul style="list-style-type: none"><li>• <b>Wrap up</b> the topic using all or a selection of the questions below depending on what you have time for:</li></ul> <p><b>Core questions:</b></p> <ul style="list-style-type: none"><li>• What did you find difficult about this part of the Challenge?</li><li>• What did you find enjoyable about this part of the Challenge?</li></ul> <p><b>Optional questions:</b></p> <ul style="list-style-type: none"><li>• What did you learn from this part of the Challenge?</li><li>• Encourage students to discuss which mindfulness activity they preferred on BITE BACK, and how else they can practice mindfulness in their everyday life.</li><li>• What got in the way of the students practicing mindfulness? Forgetting to practice is quite normal; keep trying.</li><li>• Remind students that like physical exercise or learning to play an instrument, mindfulness is a skill and it takes practice.</li><li>• Play the <a href="#">Week 3 Social Connections teaser clip</a>.</li></ul>



# Week Three: Social Connections

<b>Introduction</b>  Approx. 5 – 10 minutes	<ul style="list-style-type: none"><li>• <b>Introduce</b> the topic using the animation found at the beginning of the Challenge. Also available at this link: <a href="https://youtu.be/fMhWOTnt1PA">https://youtu.be/fMhWOTnt1PA</a></li><li>• Recap on the meaning of Social Connections with your students to ensure they have a basic understanding of what it is.</li><li>• <b>To build a richer understanding of Social Connections</b>, visit the <a href="#">Social Connections page</a> in the Learn section of the BITE BACK website.</li><li>• Check in with your student's mid-week to see how they are going.</li></ul> <p><b>Key point/s:</b></p> <ul style="list-style-type: none"><li>• Keep in mind this section has an alternate pathway for those who may feel they do not have anyone they can rely on. These students are encouraged to take on actions for their own wellbeing.</li></ul>
<b>Conclusion</b>  Approx. 5 – 10 minutes	<ul style="list-style-type: none"><li>• <b>Wrap up</b> the topic using all or a selection of the questions below depending on what you have time for:</li></ul> <p><b>Core questions:</b></p> <ul style="list-style-type: none"><li>• What did you find difficult about this part of the Challenge?</li><li>• What did you find enjoyable about this part of the Challenge?</li></ul> <p><b>Optional questions:</b></p> <ul style="list-style-type: none"><li>• What did you learn from this part of the Challenge?</li><li>• Encourage students to share their chosen ways to strengthen social connections, and how else they may be able to do this.</li><li>• Play the <a href="#">Week 4 Strengths teaser clip</a>.</li></ul>



# Week Four: Character Strengths

<b>Introduction</b>  Approx. 5 – 10 minutes	<ul style="list-style-type: none"><li>• <b>Introduce</b> the topic using the animation found at the beginning of the Challenge. Also available at this link: <a href="https://youtu.be/JwNl1F21eK8">https://youtu.be/JwNl1F21eK8</a></li><li>• Recap on the meaning of Strengths with your students to ensure they have a basic understanding of what it is.</li><li>• <b>To build a richer understanding of Strengths</b>, visit the <a href="#">Strengths page</a> in the Learn section of the BITE BACK website.</li><li>• <b>Check in</b> your the student's mid-week to see how they are going.</li></ul> <p><b>Key point/s:</b> To assist students in identifying their strengths propose the following:</p> <ul style="list-style-type: none"><li>• Suggest they complete the <a href="#">Values In Action questionnaire</a> freely available online.</li><li>• Talk to people who know you well, what do people often compliment you on?</li><li>• What aspects of your life are you most proud of?</li><li>• What skills have you learned very easily?</li><li>• When do you feel most yourself?</li></ul>
<b>Conclusion</b>  Approx. 5 – 10 minutes	<ul style="list-style-type: none"><li>• <b>Wrap up</b> the topic using all or a selection of the questions below depending on what you have time for:</li></ul> <p><b>Core questions:</b></p> <ul style="list-style-type: none"><li>• What did you find difficult about this part of the Challenge?</li><li>• What did you find enjoyable about this part of the Challenge?</li></ul> <p><b>Optional questions:</b></p> <ul style="list-style-type: none"><li>• What did you learn from this part of the Challenge?</li><li>• Encourage students to share their top strengths.</li><li>• Discuss how their strengths would be useful in different scenarios.</li><li>• Encourage students to share how they used their strengths this week.</li><li>• Play the <a href="#">Week 5 Meaning and Purpose teaser clip</a>.</li></ul>



# Week Five: Meaning and Purpose

<b>Introduction</b>  Approx. 5 – 10 minutes	<ul style="list-style-type: none"><li>• <b>Introduce</b> the topic using the animation found at the beginning of the Challenge. Also available at this link: <a href="https://youtu.be/d2O9Wn8zYLO">https://youtu.be/d2O9Wn8zYLO</a></li><li>• Recap on the meaning of Meaning and Purpose with your students to ensure they have a basic understanding of what it is.</li><li>• <b>To build a richer understanding of Meaning and Purpose</b>, visit the <a href="#">Meaning and Purpose page</a> in the Learn section of the BITE BACK website .</li><li>• <b>Check in</b> with your student's mid-week to see how they are going.</li></ul> <p><b>Key point/s:</b></p> <ul style="list-style-type: none"><li>• When creating a purpose statement, it is important to include benefits not just for ourselves, but for others as well. When we're connecting with and supporting others, this positively impacts our mental fitness.</li></ul>
<b>Conclusion</b>  Approx. 5 – 10 minutes	<ul style="list-style-type: none"><li>• <b>Wrap up</b> the topic using all or a selection of the questions below depending on what you have time for:</li></ul> <p><b>Core questions:</b></p> <ul style="list-style-type: none"><li>• What did you find difficult about this part of the Challenge?</li><li>• What did you find enjoyable about this part of the Challenge?</li></ul> <p><b>Optional questions:</b></p> <ul style="list-style-type: none"><li>• What did you learn from this part of the Challenge?</li><li>• Encourage students to share their purpose statement, and what they are planning to do for themselves and others.</li><li>• Ask the students if they used their purpose statement to help guide decisions throughout the week.</li><li>• Did the students act out their meaning and purpose statement goals this week?</li><li>• Encourage students to share their purpose statement, and what they are planning to do for themselves and others.</li><li>• Play the <a href="#">Week 6 Mental Fitness Plan teaser clip</a>.</li></ul>



# Week Six:

## Mental Fitness Plan

<b>Introduction</b>  Approx. 5 – 10 minutes	<ul style="list-style-type: none"><li>• <b>Introduce</b> the final week of the challenge by congratulating your students for making it all the way through.</li><li>• The final week of the Challenge culminates with students developing a personalised MFC poster that captures the key concepts and what they've learned about themselves across the Challenge.</li><li>• Ask students to recall the five themes covered across the Challenge (Gratitude, Mindfulness, Social Connections, Character Strengths, Meaning and Purpose).</li></ul> <p><b>Key point/s:</b></p> <ul style="list-style-type: none"><li>• Ask your students to print a copy of their poster or take a screen shot when completed so they can share with class mates at a future lesson if they feel comfortable (or friends/family out of class).</li></ul>
<b>Conclusion</b>  Approx. 5 – 10 minutes	<ul style="list-style-type: none"><li>• <b>Wrap up</b> the Challenge by encouraging students to continue with at least one if not more of the strategies they have learned across the Challenge.</li><li>• Remind students that mental fitness, just like physical fitness, takes persistence and discipline. The more you practice – the stronger your mental health will get.</li><li>• Ask students to share their poster with a classmate if they feel comfortable (or friends/family out of class).</li></ul> <p><b>Core Questions</b></p> <ul style="list-style-type: none"><li>• What weeks and strategies did you find most enjoyable from the Challenge and why?</li><li>• What weeks and strategies did you find most difficult about the Challenge and why?</li><li>• Ask students to share what strategies they aim to continue using or drawing from.</li></ul>

For more information please contact the Black Dog Institute eMental Health Team

Black Dog Institute  
Hospital Road. Randwick NSW 2031  
eMH@blackdog.org.au  
(02) 9382 4530



**Black Dog**  
Institute



**Black Dog**  
Institute