

Rationale

400 words

We chose the topic of mentally healthy habits for this assignment and decided to focus on children for our demographic. We decided to focus our research on how habits are formed and which habits are considered mentally healthy, especially for children. We also felt that doing some research into colours and their emotions would be useful. This research helped guide the development of our product.

We decided to create a product that could be used in the classroom by children and designed activity dice. The idea is that when a child feels an overwhelming emotion they can use the dice to help regulate their emotions. There may need to be intervention by the teacher at the beginning to prompt the child to use the dice. This acts as a cue for the child to learn to recognise they are having a strong emotion. Which hopefully helps them build the habit over time of learning to recognise their emotions and that they can do something to help themselves feel better.

Once prompted the child will roll the dice and complete the activity that it lands on. There are accompanying posters that help remind the child how to do the activity. These posters are simple in design and very clearly show the actions that are required to complete the activity. They consist primarily of visual icons with very little writing as young children may struggle to read a lot. They are also colour coded to match with the colour of the dice so that it is easy to know which poster to use for which dice.

After the child has finished the activity they will complete a reflection sheet. This allows the teacher, child and their parents to see which activities are the most beneficial. It also means that parents can start using these activities with their children outside of the classroom.

We felt that we also needed to create a teacher's handbook in order to help teachers understand how to use the dice in a classroom context and how they can teach the activities to the children. The handbook explains each of the activities in a bit more depth than the posters, and assists with explicitly teaching each activity to the children.

We feel that the concept and the design is very strong overall but there are areas that we could improve on. Some of the activities that are on the dice could be a bit more classroom appropriate, such as throwing and catching the dice. However, this is something that would ideally be tested in a classroom environment before it was created. We also struggled with translating the icons from the posters onto the fabric prototype dice and would consider simplifying some of the icons so they are legible on the dice.

If we had more time to work on this assignment we would have liked to consider how we might package the product if it was to be sold in a store environment.

RESEARCH

Colours associated with emotions + mental health

Ferguson, Z 2015, *How colour can affect happiness and mental health*, ABC Local, viewed 25 April 2023, <<https://www.abc.net.au/local/photos/2015/10/07/4326653.htm>>.

- "Forest greens are linked to spaciousness, new growth, and new and old life. When you look at the colour in the new age perspective, it's associated with the heart and lungs," Dr Stokes said.
- "But if they're blind to the blue green area for example, which produces feelings of contentment, quietness and understanding, then they might have difficulty in being able to distinguish those emotions."

Art Therapy Blog 2022, *Color Psychology: The Emotional Effects of Colors*, Art Therapy Blog, viewed 25 April 2023, <<http://www.arttherapyblog.com/online/color-psychology-psychologica-effects-of-colors/#.ZFid5exBzt1>>.

- "Purple utilises both red and blue to provide a nice balance between stimulation and serenity that is supposed to encourage creativity".
- "Light purple is said to result in a peaceful surrounding, thus relieving tension."
- Green and blue considered restful
- "Blue is suggested for high-traffic rooms". "Blue is typically a calming and serene colour, said to decrease respiration and lower blood pressure."
- "Yellow or orange are often associated with food and can cause your tummy to growl a little."
- Orange and especially yellow "reflect more light and excessively stimulate a person's eyes which can lead to irritation."

Desert Hope Treatment Center 2022, *How Color Affects Mood and Mental Health*, Desert Hope Treatment Center, viewed 25 April 2023, <<https://deserthopetreatment.com/addiction-treatment/psychology/color-theory/>>.

- "As an example, hospital settings are often decorated in soothing, cool colours, such as pale blue and green. This is thought to foster a relaxing environment that enables rest, encouraging faster healing."

McCay, L 2017, *The links between Colour, Architecture, and mental health*, The Centre for Urban Design and Mental Health, viewed 25 April 2023,

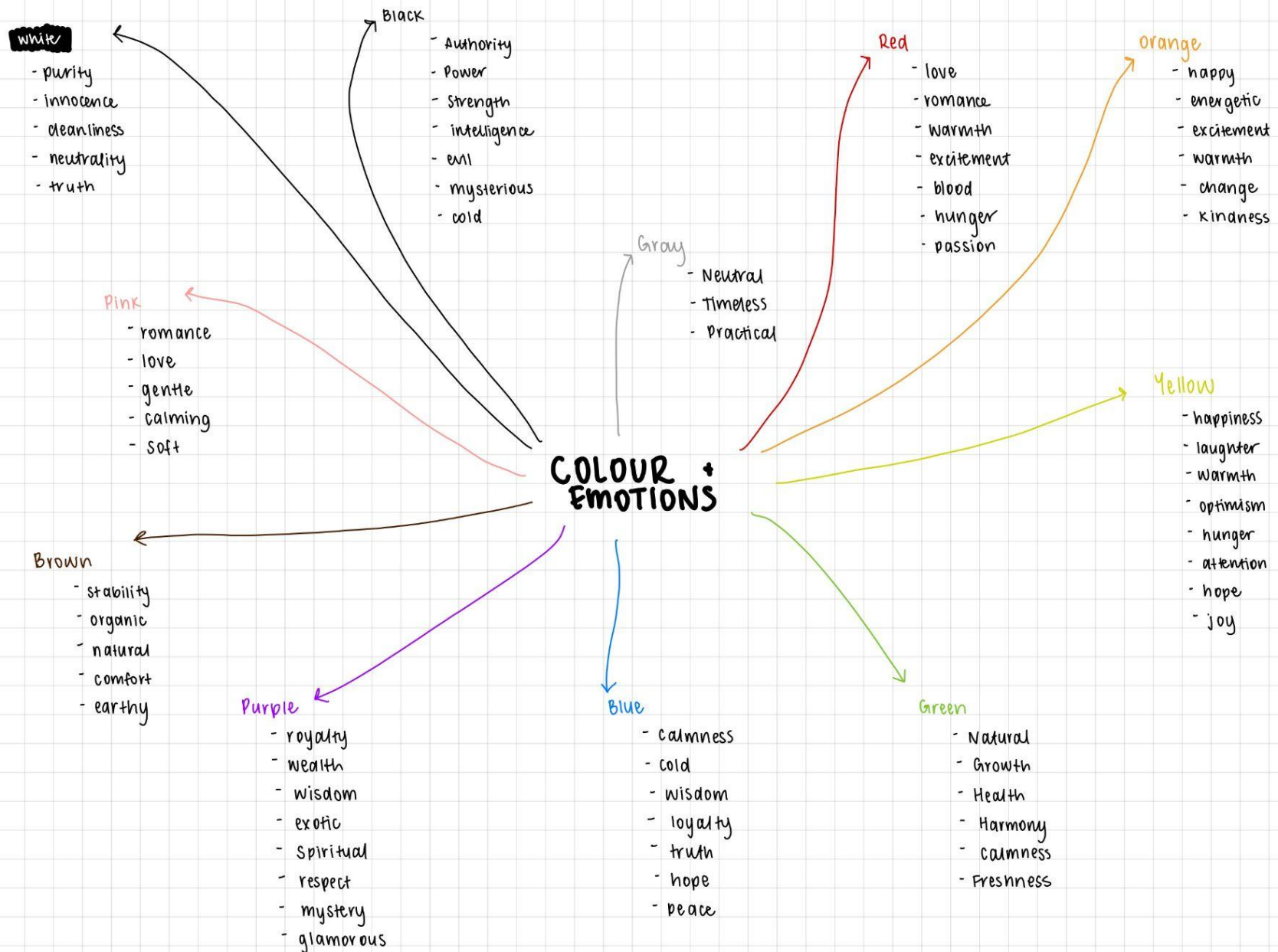
<<https://www.urbandesignmentalhealth.com/blog/the-links-between-colour-architecture-and-mental-health>>.

- Cool gif infographic. Could it be an outcome idea?

References for Mind Map below:

Art Therapy Blog 2022, *Color Psychology: The Emotional Effects of Colors*, Art Therapy Blog, viewed 25 April, <<http://www.arttherapyblog.com/online/color-psychology-psychologica-effects-of-colors/#.ZFid5exBzt1>>.

Cherry, K 2022, *Color Psychology: Does It Affect How You Feel?*, Very Well Mind, viewed 25 April 2023, <<https://www.verywellmind.com/color-psychology-2795824>>.



How to build mentally healthy habits?

Clear, J, *Atomic Habits Summary*, James Clear, viewed 28 April 2023, <<https://jamesclear.com/atomic-habits-summary>>.

Atomic Habits

- small habits make a big difference
- 1 percent better each day build up over time, better than zero
- Forget about setting goals
- Create a system instead
- Systems are about the processes that lead to results
- If having trouble changing habits, the problem is the system, not you
- Build identity based habits
- Focus on creating new identity first
- Start believing new things about yourself
- Decide the type of person you want to be
- Prove it to yourself with small wins
- 'Your identity emerges out of your habits. Every action is a vote for the type of person you wish to become.'
- Four laws of behaviour change
- Cue, craving, response and reward
- Cue triggers a craving, which motivates a response, which provides a reward that satisfies the craving and becomes associated with the cue
- This cycle known as habit loop
- Cue- make it obvious
- Craving - make it attractive
- Response - make it easy
- Reward - make it satisfying
- Break bad habits
- Cue- make it invisible
- Craving - make it unattractive
- Response - make it difficult
- Reward - make it unsatisfying

HOW TO CREATE A GOOD HABIT

The 1st Law	Make It Obvious
1.1	Fill out the Habits Scorecard. Write down your current habits to become aware of them.
1.2	Use implementation intentions: "I will [BEHAVIOR] at [TIME] in [LOCATION]."
1.3	Use habit stacking: "After [CURRENT HABIT], I will [NEW HABIT]."
1.4	Design your environment. Make the cues of good habits obvious and visible.
The 2nd Law	Make It Attractive
2.1	Use temptation bundling. Pair an action you want to do with an action you need to do.
2.2	Join a culture where your desired behavior is the normal behavior.
2.3	Create a motivation ritual. Do something you enjoy immediately before a difficult habit.
The 3rd Law	Make It Easy
3.1	Reduce friction. Decrease the number of steps between you and your good habits.
3.2	Prime the environment. Prepare your environment to make future actions easier.
3.3	Master the decisive moment. Optimize the small choices that deliver outsized impact.
3.4	Use the Two-Minute Rule. Downscale your habits until they can be done in two minutes or less.
3.5	Automate your habits. Invest in technology and onetime purchases that lock in future behavior.
The 4th Law	Make It Satisfying
4.1	Use reinforcement. Give yourself an immediate reward when you complete your habit.
4.2	Make "doing nothing" enjoyable. When avoiding a bad habit, design a way to see the benefits.
4.3	Use a habit tracker. Keep track of your habit streak and "don't break the chain."
4.4	Never miss twice. When you forget to do a habit, make sure you get back on track immediately.

HOW TO BREAK A BAD HABIT

Inversion of the 1st Law	Make It Invisible
1.5	Reduce exposure. Remove the cues of your bad habits from your environment.
Inversion of the 2nd Law	Make It Unattractive
2.4	Reframe your mindset. Highlight the benefits of avoiding your bad habits.
Inversion of the 3rd Law	Make It Difficult
3.6	Increase friction. Increase the number of steps between you and your bad habits.
3.7	Use a commitment device. Restrict your future choices to the ones that benefit you.
Inversion of the 4th Law	Make It Unsatisfying
4.5	Get an accountability partner. Ask someone to watch your behavior.
4.6	Create a habit contract. Make the costs of your bad habits public and painful.

Clear, J, *The Habits Guide: How to Build Good Habits and Break Bad Ones*, James Clear, viewed 28 April 2023, <<https://jamesclear.com/habits>>.

- Habits are small decisions and actions performed every day.
- “A result of your habits. What you repeatedly do (i.e. what you spend time thinking about and doing each day) ultimately forms the person you are, the things you believe, and the personality that you portray.”

Clear, J, *The Habits Guide: How to Build New Habits: This is Your Strategy guide*, James Clear, viewed 28 April 2023, <<https://jamesclear.com/habit-guide>>.

- start with an incredibly small habit
 - willpower gets fatigued throughout the day
 - motivation ebbs and flows
 - pick a new habit that's easy enough that you don't need motivation to do it
 - e.g. meditate for one minute a day instead of 10
- Increase your habit in very small ways
 - one percent improvements add up fast
 - start small and gradually improve
 - motivation and willpower will increase along the way
 - this will make it easier to stick to the habit for good
- As you build up, break habits into chunks
 - important to keep each habit reasonable
 - 20 minutes of meditation, split it into two segments of 10mins at first
- When you slip, get back on track quickly
 - missing your habit once, no matter when it happens, has no measurable impact on long term progress
 - abandon the all or nothing mentality
 - plan for failure
 - need to be consistent not perfect
 - focus on building identity of someone who never misses a habit twice
- Be patient. Stick to a pace you can sustain.
 - learning to be patient is perhaps the most critical skill of all
 - patience is everything, do things you can sustain
 - new habits should feel easy, especially in the beginning

Clear, J, *How to Stick to Your Goals When Life Gets Crazy*, James Clear, viewed 28 April 2023, <<https://jamesclear.com/plan-for-chaos>>.

- plan for chaos
- Use the if-then technique
- 'If (something unexpected happens), then (your response)'
- If I don't wake up in time to run tomorrow morning, then I'll run after work.
- When you can't do it at all, do something small.

Clear, J, *The Ultimate Habit Tracker Guide: Why and How to Track Your*, James Clear, viewed 28 April 2023, <<https://jamesclear.com/habit-tracker>>.

- Habit tracking creates visual cue to remind you to do the habit
- Can be motivating to see progress
- Can feel satisfying to record success
- Research has shown that people who track their progress on goals like losing weight, quitting smoking, and lowering blood pressure are all more likely to improve than those who don't.
- Habit tracking also keeps you honest. Most of us think we act better than we do.
- The most effective form of motivation is progress.
- Tracking feels rewarding

Tiny Habits by BJ Fogg

Fogg, B. (2021) Book summary: Tiny habits by BJ Fogg, Sam Thomas Davies. Available at: <https://www.samuelthomasdaves.com/book-summaries/self-help/tiny-habits/> (Accessed: 09 May 2023).

- making change tiny is the best way to create lasting change
- Clarify the aspiration
- Explore behaviour options
- Match with specific behaviours
- Start tiny
- Find a good prompt
- Celebrate successes
- We judge ourselves too harshly when we fail. People don't change by feeling bad
- We mistake aspirations for behaviours.
- A behaviour is something you can do right now or at another specific point in time. An aspiration is impossible to achieve at any given moment.
- We set big, lofty goals and rely on motivation to achieve them.
- Motivation is reliable. It can help in the beginning but it is difficult to sustain.
- Change our habits in tiny ways
- Find anchor moment - link to existing habit/event that happens
- Make habit tiny
- reward/celebrate instantly
- a behaviour happens when motivation, ability and a prompt converge simultaneously
- The easier a behaviour is to do, the more likely the behaviour will become a habit. This also applies to breaking bad habits.
- Matching yourself with the right behaviours is the key to changing your life for good.

What are the habits that are considered healthy?

- Drinking water
- Moving your body
- Daily greens (eating)
- pack lunch
- Reduce refined sugars
- Eat more vegetables / fruits
- Meal Prep
- Eat high-quality protein sources
- Use up leftovers
- practice gratitude
- Improves moods
- Boost energy
- improve longevity
- exercising
- eating a healthy diet
- getting plenty of sleep
- Socialising with friends
- no smoking
- limiting alcohol (can be hard at times)
- limiting screen time
- adopting a good attitude
- being organised
- saving money
- go outdoors more
- stay positive
- surrounding yourself with the right people
- being able to appreciate life's little pleasures
- setting goals: in order to succeed
- goal-oriented
- result-driven
- trying to stay honest and self-disciplined
- demonstrating being empathetic
- Avoiding the snooze button
- enjoying 'me' time / leisure time
- know your risk factors
- proactive with your health
- ↳ take a mental brake
- having fun
- cold showers; improving immunity, better recovery from exercise and increasing alertness
- creating healthy meals (insta worthy) plate colourful foods, containing vitamins, minerals to fuel your day

- feel your feelings; helps with better coping with them.
- meditation
- mental breaks and stretching
- eliminating triggers
- reduce cravings
- making a negative habit difficult
- uncover the root
- adopt healthy routines
- swap a bad habit with a good one
- build intrinsic motivation
- selecting a fun activity to do regularly.

WHY ARE HEALTHY HABITS CONSIDERED HEALTHY?

- adopting healthier habits may protect you from mental health problems. By creating new habits that are good it may help you manage the bad habits and improve your energy. Sticking to these habits they can become part of your daily routine.

Exploring habits for a children demographic?

Jason Patera, M. (2022) 10 tips to keep kids healthy this school year, Nebraska Medicine. Available at: <https://www.nebraskamed.com/primary-care/10-tips-to-keep-your-child-healthy-this-school-year> (Accessed: 09 May 2023).

- Managing emotions
- Understanding feelings
- Confidence, public speaking
- Respect
- Finding good friends
- Keep it positive
- Make meals a colourful collage
- Screen Time
- Ensuring they eat recess and lunch
- Enjoy physical activities
- Read positive books
- Handwashing
- Improving loneliness
- Meditating
- Eating healthy meals (for growth and energy)
- Clean clothes
- Exercise, yoga
- Get sleep, rest and relax
- Brushing your teeth (simple behaviours)

Narrowing down ideas:

- Get the required amount of sleep (nine and 11 hours of sleep)
- Exercise daily.
- Reduce screen time (affecting their self esteem)
- Practise healthy eating habits (could allow kids to create their own healthy eating plan- including the necessary nutritious elements)
- Wash hands frequently to reduce spread of germs
- Helping children deal with stress and anxiety from a younger age (allow them to understand and deal with these issues)
- Daily activities i.e. brushing your teeth, hair, recycling etc.

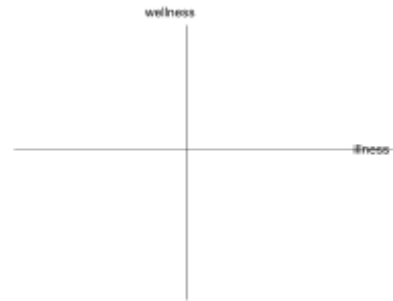
Selected Demographic

- Children/ students
 - Primary School
 - Grades levels: reception to year 2
-

LECTURE NOTES

Week 8 Class Notes - 1 May 2023

Waterford 2021, *51 Mindfulness Exercises for Kids in the Classroom*,
Waterford.org, viewed 1 May 2023,
<<https://www.waterford.org/resources/mindfulness-activities-for-kids/>>.



- Enhanced mental health is the end product
- Be in the form of book, website, app, toy etc
- Could be increasing wellness
- Or decreasing the 'illness' of a person - distress levels
- What is the point of intervention?

Behaviour - anything a person does

- Meditating
- Eating good food groups
- The way we think, actions we take etc
- Asking someone to pick 3 good things from the day

People are more likely to do a habit if

- More instructions
- Do something really easy
- Motivation - underlying reason
- Environment - put better foods in the fridge, accessible healthy foods
- Make it easy to integrate into their lives
- Reward
- Setup cues or reminders - phone/smartwatch/poster/ to remind them to do it - no 'i forgot' excuse. Find triggers in their life to make it happen.
- Make it fun!

Behaviour in mental health

- Choices and visions that happen in a person's head- can be both observable and unobservable i.e. writing in a diary before bed, can not be observed by others.
- Incorporate regular relaxation habits- creating change to reduce stress levels in people's lives (e.g. 30 mins of relaxation a week, create a timetable, session).
- Point of investigation- figure out what you want to achieve and the audience

Exploring Different Demographics

- Young adults 18- 20: getting to adulthood and wanting to form a better understanding on habits/ traits
- Children aged 9-11: habits will be focused on daily life activities and learning to reuse them everyday
- Preschool: learning to read, no screen time etc.
- Adults: wanting to stick to a healthy habit and are struggling to do so

Greater good in action

Motor memory

Routine: particular behaviours put together

Ritual: routine but much more symbolic

(No date) Greater Good in Action. Available at: Greater Good (Accessed: 09 May 2023).
Narvaes, A. (2020) The importance of starting healthy habits at an early age, Mountain Kids Louisville.
Available at: <https://mountainkidslouisville.com/blog/healthy-habits-early-age/> (Accessed: 09 May 2023).

IDEA CONCEPT GENERATION

Creating things that are easily included every day, doesn't feel like a 'chore'.

- Dice/ classroom tool for children- perhaps to suggest and activity to help manage stress
 - Kids can make their own versions
 - They can take it home and continue the ritual in a place they are comfortable in
- Classroom activity pack/lesson plans
- Progressive- books/ videos
 - Posters
 - Activities (that can be uses in both classrooms and at home)
- Website of resources
- Incursion- activity based around healthy habits
- Whole classroom based- not just specific children
 - Can incorporate music based themes
 - Off screen
 - Art - flow state

Refining Concept Ideas

- Dice - can have different shapes or multiple sides where more habits are shown compared to a regular 6 sided dice
 - Jar of popsticks - highlighting different habits that children can work on and learn how to use in their life
 - Peg chart - move a peg once a challenge is completed (chart can be displayed in a classroom setting, where they have to focus on their habits twice a week)?
 - Activity book
 - Classroom challenge / alike a advent calendar where students can stay on top of their habits
 - Activity yoga mat or a rug (like twister) - design on the mat with different activities
 - Checklist or sticker sheet
 - Mini board game
-

Final 3 Concept Ideas - 08 may 2023

1. Dice - for classroom use, when children are feeling stressed/overwhelmed. They can approach their teacher when they're mindful about their feelings, and the teacher prompts them to roll the dice and take action on the image the dice lands on. Images are on a poster/card that explains to the child the activity they're about to undertake. Once they have completed the activity they reflect on their experience with a picture-based reflection sheet/journal. Different colour dice for different emotions - children will over time figure out which activities help them the most.

2. Healthy eating cookbook - targeted to parents as well as children, teaching basic healthy eating habits and trying new foods / exploring new foods. Recipes parents can make with their children, a weekly sticker chart that tracks whether they've eaten something healthy / trying new foods.
 3. Habit Tracker Sticker Chart - teacher pack / classroom based. Pack of resources that includes a sticker chart and journal for each child. Teacher is provided with a list of habits and how to implement them consistently in the classroom. The children track their progress with stickers on their charts and reflect on their experiences. This helps kids figure out which healthy habits they enjoy / struggle with and helps reinforce building habits consistently.
-

FINAL CONCEPT IDEA

- eating food for mental health - specific foods
- clear population in mind
- understand topic

1 + 3 - visualise them already

- ① - hands on
- different mentally healthy habits
 - explore lots of different habits

③ - some element of reward + tracking

- mechanisms - thought about the whole process / day + experience of the child.

- assessing whether or not adults want to play with the dice.

- textures + materials - soft dice

- could use dice to play games in class if made like a large soft ball.

General Dice - rainbow colour
- purple - for when bored / don't know what to do with themselves

Red Dice - when feeling angry

Blue Dice - sad

Green Dice - mindful / calm - for stress

- each dice is a different texture.

Angry

- breathing exercise - caterpillar
- take a break - sit & slowly count to 20
- jumping jacks - to get angry energy out
- draw a picture of how they're feeling
- throw / kick the dice / ball 5/10 times
- scream into a pillow?
- punch a pillow?

General Dice

- reading
- exercise
- drink water
- tidy up desk / classroom
- drawing / colouring
- meditation / visualisation / breathing

Sad

- drawing a picture of how they feel
- emotional support toy - hug/ put on desk
- colouring in of happy colouring sheets
- read your favourite picture book
- visualisation activity
- sensory comforts - play dough etc.
- snuggle up with blanket
- tell the teddy your thoughts

Stress

- caterpillar breaths / breathing exercise
- colouring sheets
- sensory comforts
- spidey-senses - what you see, hear, smell etc.
- yoga poses
- stress balls / homemade.
- listen to calming music

PROTOTYPE GENERATION

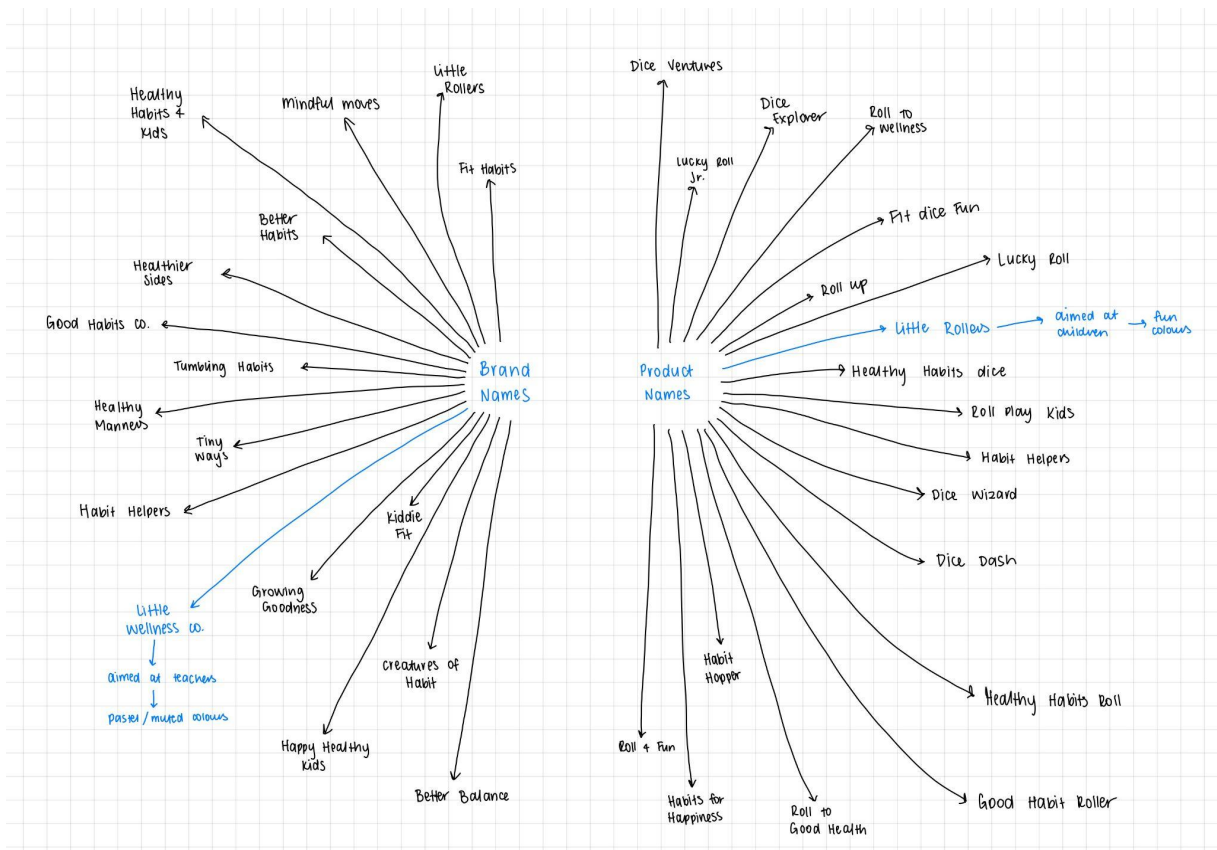
Colour Palettes



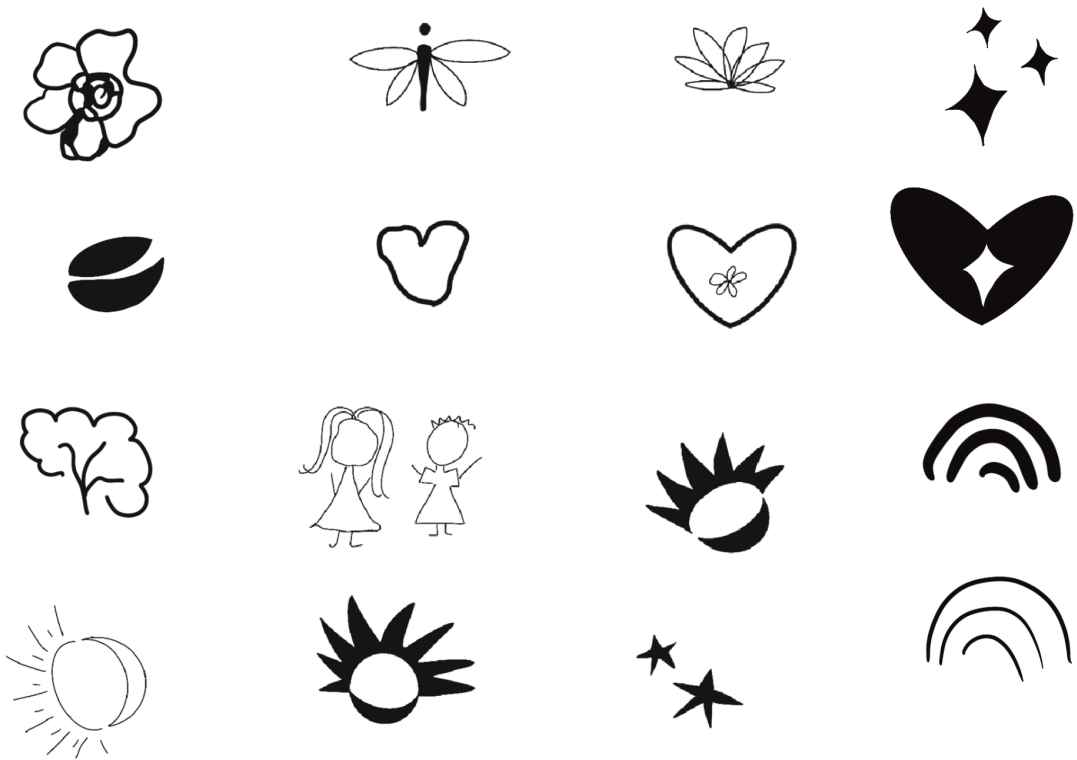
Brand Colour Refinement



Brand and Product Names Brainstorm

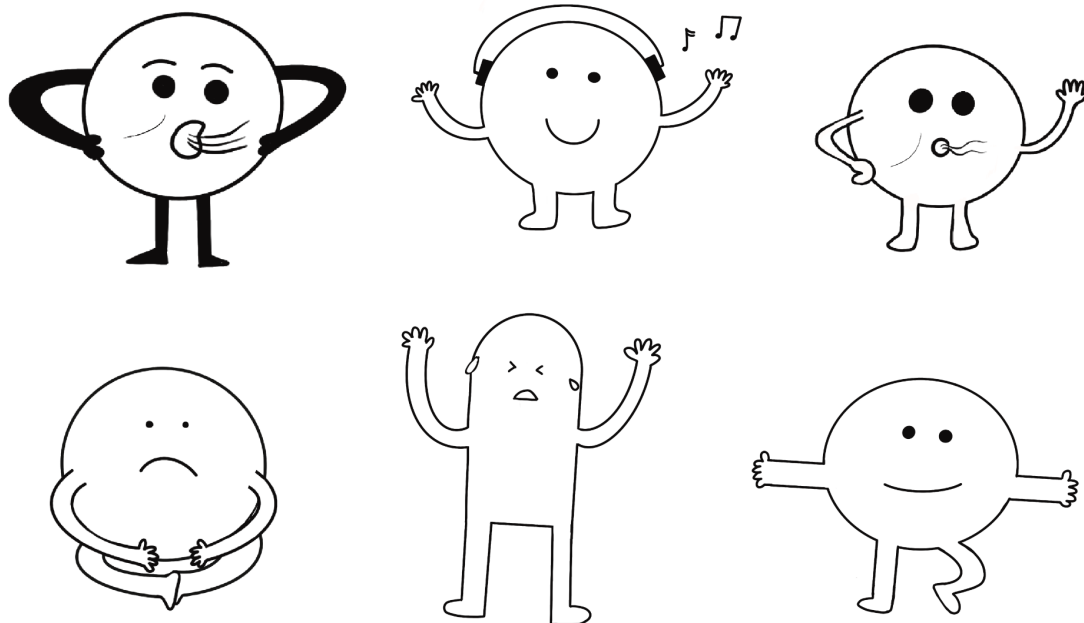


Logo Symbol Generation





Icons for the Dice



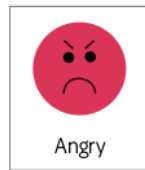
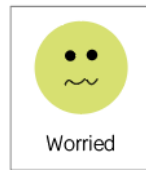
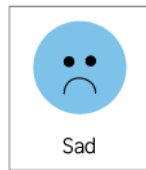
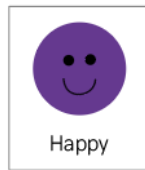
Reflection Sheet

Reflection Sheet

Name

Date

What were you feeling before this task?



What happened?

What did you want?

- | | |
|--|---|
| <input type="checkbox"/> Attention | <input type="checkbox"/> To get even or revenge |
| <input type="checkbox"/> Challenge a teacher | <input type="checkbox"/> To get out of work |
| <input type="checkbox"/> To cause a problem | <input type="checkbox"/> Other |

What do you need to do now to correct the problem?

- | | |
|--|--|
| <input type="checkbox"/> Apologise (say sorry) | <input type="checkbox"/> Complete work |
| <input type="checkbox"/> Help with clean up | <input type="checkbox"/> Do something nice |
| <input type="checkbox"/> Problem solve | <input type="checkbox"/> Problem solve |

Did you use a coping strategy? Yes or No? Which one? If not which one could you have tried?

- | | |
|--|---|
| <input type="checkbox"/> Take 3 deep breaths | <input type="checkbox"/> Talk to someone |
| <input type="checkbox"/> Move somewhere else | <input type="checkbox"/> Chill and take a brake |
| <input type="checkbox"/> Use the dice | <input type="checkbox"/> Do something else |

Parent Brand Style Sheet

LITTLE WELLNESS CO MINI STYLE GUIDE

PRIMARY LOGO

LITTLE
Wellness
COMPANY

SECONDARY LOGO

LITTLE
Wellness
COMPANY

STAMP

LITTLE WELLNESS
COMPANY

MONOGRAM

LWC

COLOURS



TYPOGRAPHY

Heading - Omnes SemiBold

SUBHEADING - Avenir Next Bold

Body - Avenir Next Regular



Sub Brand Style Sheet

LITTLE ROLLERS MINI STYLE GUIDE

PRIMARY LOGO

Little Rollers

SECONDARY LOGO

Little
Rollers

STAMP

Little
Rollers

MONOGRAM

LR

COLOURS



TYPOGRAPHY

Heading - Ruddy Black

SUBHEADING - Avenir Next Bold

Body - Avenir Next Regular



FIRST CONCEPT DEVELOPMENT

Dice Mockup



Poster Concepts

Little Rollers - Red Dice (Anger)

CATERPILLAR BREATHS

TAKE A BREAK

JUMPING JACKS

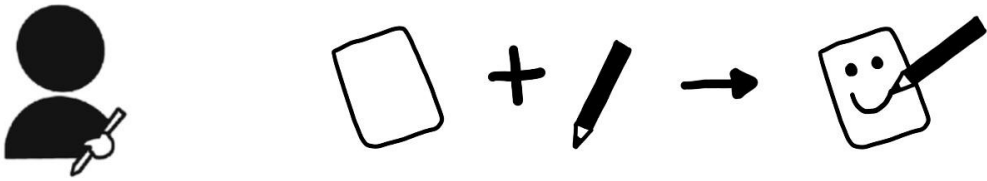
THROW + CATCH THE DICE

DRAW YOUR FEELINGS

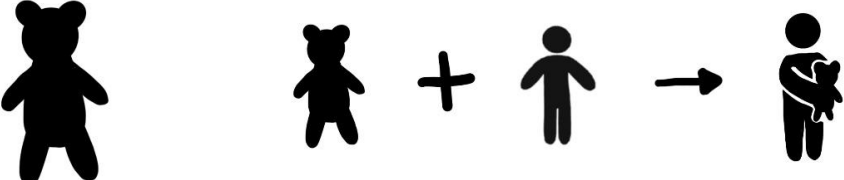
LISTEN TO MUSIC

Little Rollers - Blue Dice (Sad)


DRAW YOUR FEELINGS



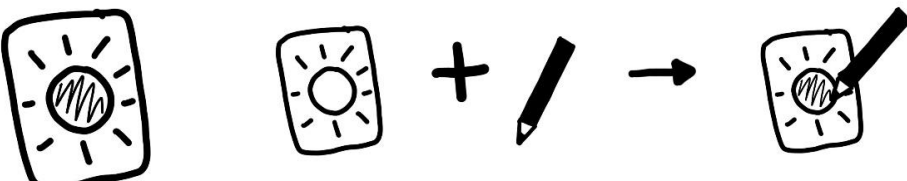
HUG A TOY



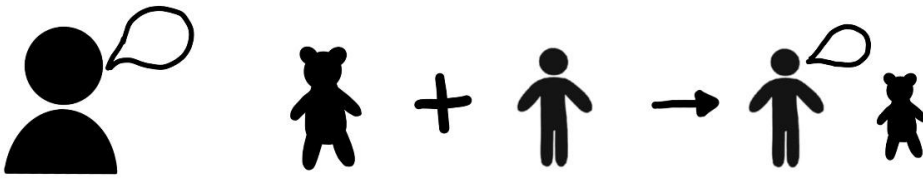
READ YOUR FAVOURITE BOOK



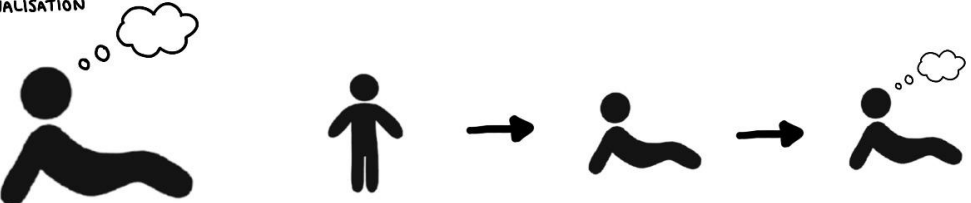
DO SOME COLOURING IN



TELL A TOY YOUR THOUGHTS

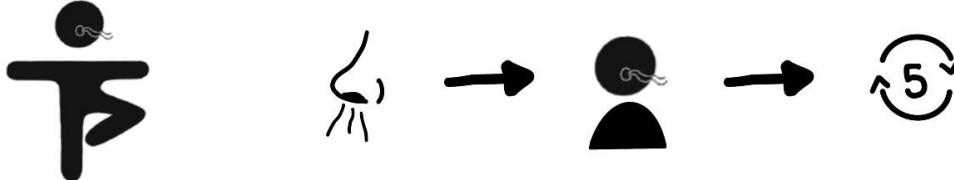


VISUALISATION

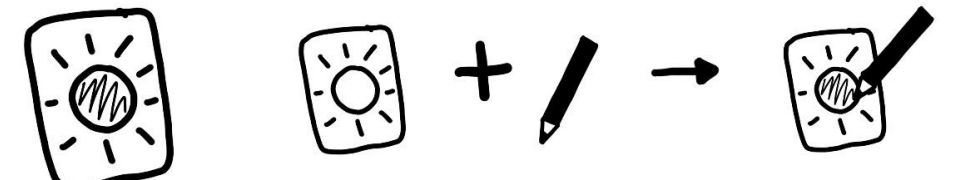


Little Rollers - Green Dice (Stress)

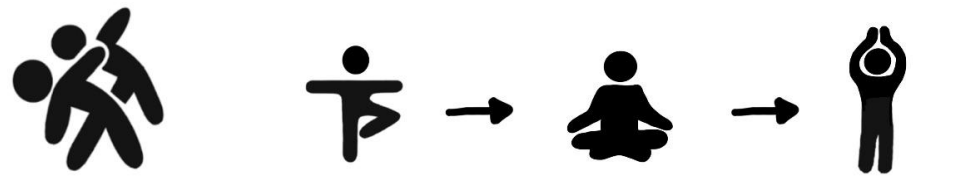
DEEP BREATHS



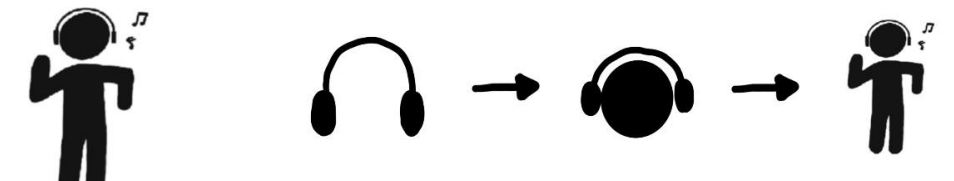
DO SOME COLOURING IN



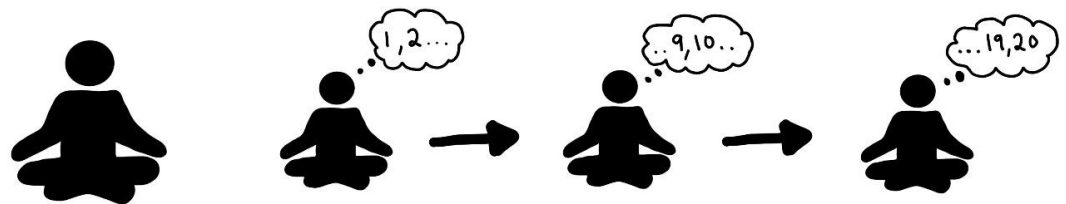
YOGA POSES



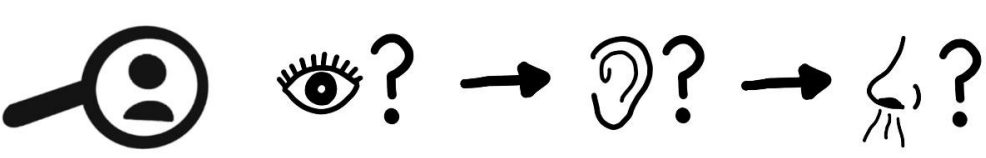
LISTEN TO MUSIC



TAKE A BREAK



SENSORY ACTIVITIES

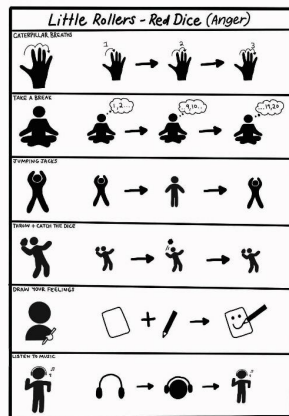


Teacher Handbook

About Little Rollers

Little Rollers are dice that are made specifically for classroom use. They are designed to help children recognise their emotions and to help them build healthy habits. Each dice has an icon printed on each side. When the dice is rolled it will land on one of the action icons. The icons are explained in further detail in this handbook and are easy to teach to your class. There are also posters that go with this handbook that can be hung in the classroom as a reminder to the children what each task is.

When a child feels stressed, sad, angry or any other emotion they can use the Little Rollers dice to help them do an activity that will allow them to regulate their emotions in a healthy way. This also helps children build healthy habits around emotional regulation and lets them to explore a range of habits that they find work for their needs.



Little Rollers Red Dice Icons



Caterpillar Breathing



Hold one hand out in front of you. Using your other hand trace the outline of your fingers.



As you go up a finger breathe in. As you trace back down, breathe out.



Repeat 3 times, or as often as needed.



Take A Break



Find a comfortable and quiet place to sit.



Start counting slowly in your head.



Count up to twenty and repeat if needed.



Jumping Jacks



Make sure there is enough room around you. Jump and lift your arms above your head and open your legs.



Jump on the spot and put your arms down by your side and close your legs.



Continue to repeat both jumps. Opening and closing your arms and legs as you go.

Little Rollers - Blue Dice (Sad)	
Draw your feelings	
Play a role	
Read your favourite story	
Do some colouring in	
Tell a story	
Remember	

Little Rollers Blue Dice Icons



Draw Your Feelings



Find a blank or scrap piece of paper.



Also find yourself a pencil or variety of materials to draw with.



Draw how you are feeling right now on the piece of paper using the pencil.

Presentation Feedback

FEEDBACK:

working well

- branding is strong
- typefaces

concept feedback

- presentation clear and understandable
- simplicity of idea is good
 - good for kids
 - level of interaction is good
- physical object is a good idea
 - make it soft
- emotional regulation from activities is exciting and fun for kids

improvements

- coloured posters
- what is the purpose of a parent company? How does it feature?
- Throwing the dice is chaotic (activity)
- Email Gareth about emotions - include more nuance
- How does it arrive? Does it come in a box?

Next week:

- poster printed at A3
- Text printed on its own (smaller) A4
- Implement Feedback
- Story board + video pitch
- ↳ telling a story through the video
- social media tiles (mock up)

Poster

200 Words

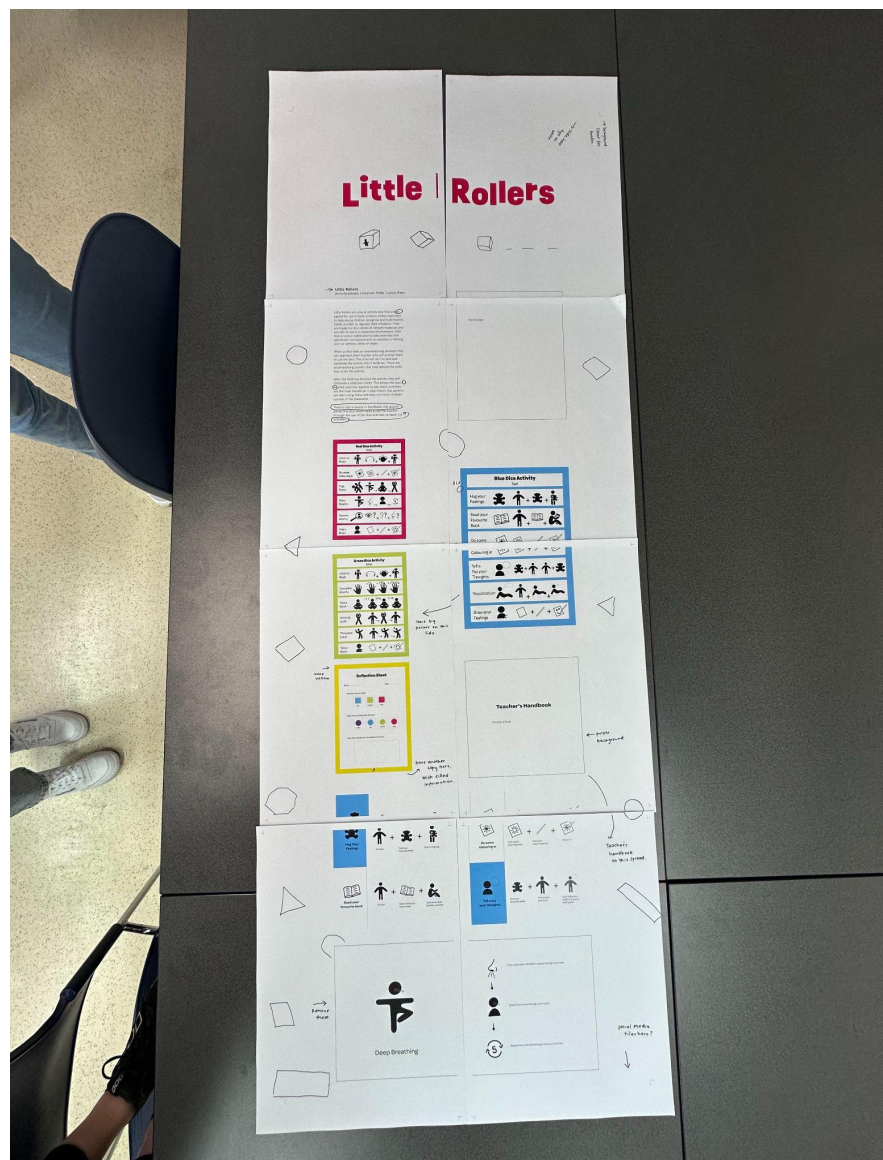
Little Rollers are unique activity dice that are designed for use in the lower primary classroom to help young children recognise and build healthy habits in order to manage their emotions. They are made out of a variety of sensory materials and are safe to use in the classroom environment. Each dice is colour coded and includes activities that specifically correspond with an emotion or feeling, such as sadness, stress or anger.

When a child feels an overwhelming emotion they can approach their teacher and be prompted to use the dice. The child will roll the dice and complete the activity that the dice lands on. There are accompanying posters that help remind the child how to do the activity.

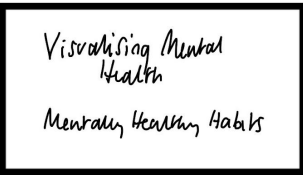
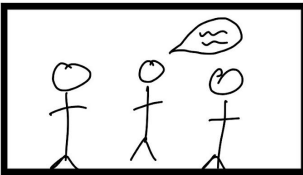
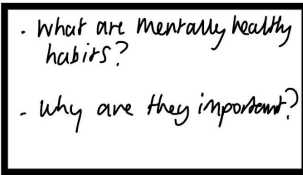
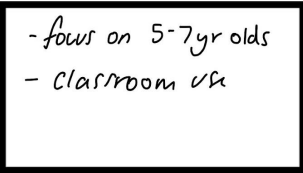
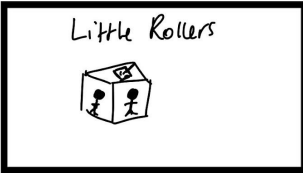
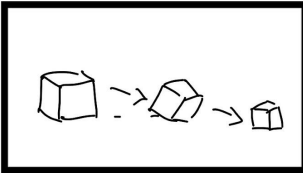
After the child has finished the activity they can complete a reflection sheet. This allows the teacher, child and parents to see which habits are the most beneficial. It also means that parents can start using these activities with their children outside of the classroom.

There is also a teacher's handbook that accompanies the dice which helps guide the teacher through the use of the dice and how to teach the activities.

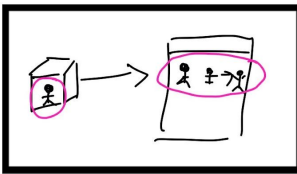
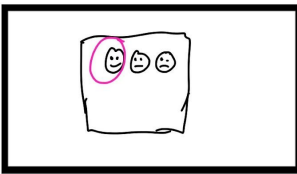
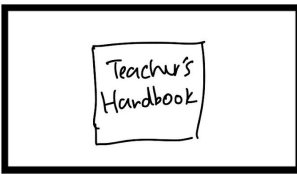
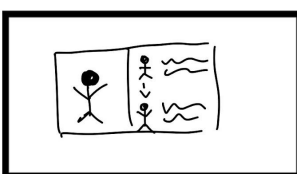
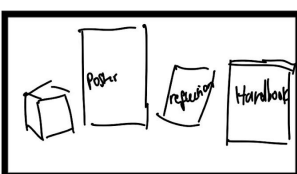

First concept of poster.



Storyboard Concept

<p>1</p>  <p>Visualising Mental Health Mentally Healthy Habits</p>	<p>2</p> 	<p>3</p>  <p>- What are mentally healthy habits? - Why are they important?</p>
<p>Intro Slide - visualising mental health - healthy habits</p>	<p>Our introductions to camera - names etc.</p>	<p>Intro to our project topic + brief research / why it's important - how habits are built?</p>
<p>4</p>  <p>- focus on 5-7yr olds - classroom use</p>	<p>5</p>  <p>Little Rollers</p>	<p>6</p> 
<p>Our demographic</p>	<p>Introduce little rollers</p>	<p>How to use little rollers - show demonstration of dice rolling</p>

Downloaded from <https://www.powerproduction.com/storyboard-templates.html#video-storyboard-templates>

<p>1</p> 	<p>2</p> 	<p>3</p> 
<p>Introduce posters - one dice has landed find activity on poster</p>	<p>Reflection Sheet - once activity is complete - show each section being circled / sheet being filled out</p>	<p>Teacher's handbook - purpose</p>
<p>4</p> 	<p>5</p> 	<p>6</p> 
<p>Teacher's handbook - show more detailed step by step pages</p>	<p>Conclusion - show all components together</p>	<p>Credits?</p>

Downloaded from <https://www.powerproduction.com/storyboard-templates.html#video-storyboard-templates>

FINAL OUTCOME

Final Style Guide

LITTLE ROLLERS MINI STYLE GUIDE

PRIMARY LOGO

Little Rollers

SECONDARY LOGO

**Little
Rollers**

STAMP

Little
Rollers

MONOGRAM

LR

COLOURS



TYPOGRAPHY

Heading - Ruddy Black

SUBHEADING - Omnes Bold

Body - Omnes Regular



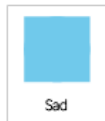
Final Reflection Sheet

Reflection Sheet

Name

Date

What dice are you using?



Sad



Stressed

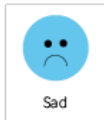


Angry

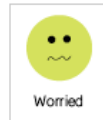
What were you feeling after this task?



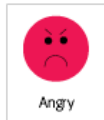
Happy



Sad

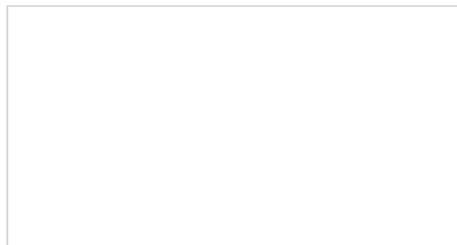


Worried



Angry

Draw what activities you completed on the dice:



Reflection Sheet

Name.. *S. d. m. m. y.*.....

Date *2/6/23*.....

What dice are you using?



Sad



Stressed



Angry

What were you feeling after this task?



Happy



Sad

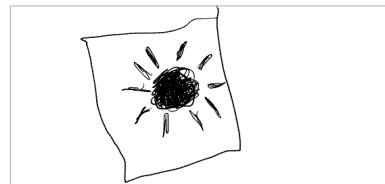


Worried




























Angry

Draw what activities you completed on the dice:



Final Classroom Posters

Blue Dice Activity

Hug a Toy			+		+			
Read your Favourite Book			+		+			
Do some Colouring in			+		+			
Tell a Toy your Thoughts			+		+		+	
Visualisation			+		+			
Draw your Feelings			+		+			

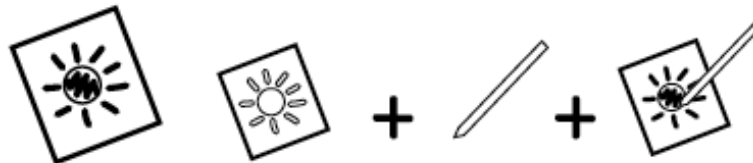
LR

Green Dice Activity

Listen to
Music



Do some
Colouring in



Yoga
Poses



Deep
Breaths



Sensory
Activity

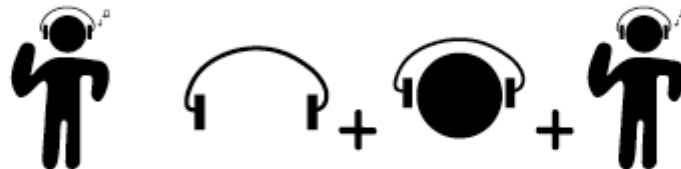


Take a
Break



Red Dice Activity

Listen to
Music



Caterpillar
Breaths



Take a
Break



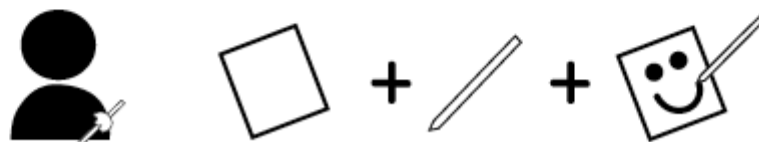
Jumping
Jacks



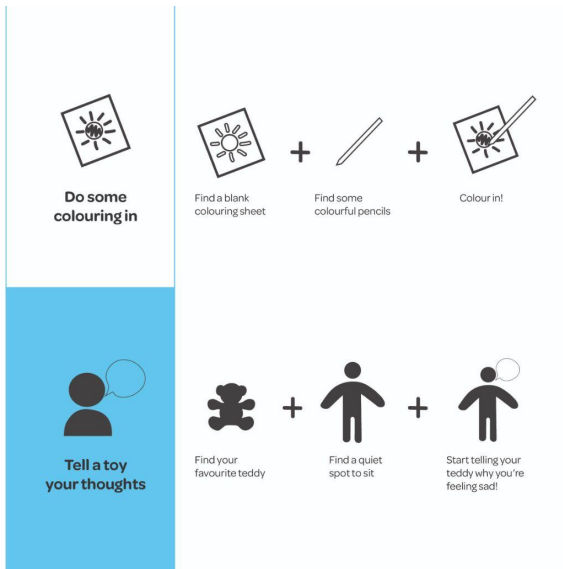
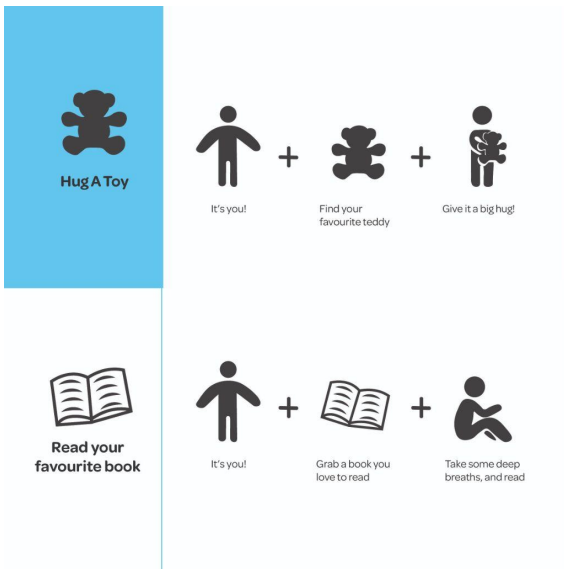
Throw and
Catch



Draw your
Feelings



Final Teacher Handbook



How do these activities help with regulating emotions?

Listen to Music - dancing the emotion out of their body allows students to use their feelings and output them into action. This not only helps them calm down, but releases endorphins in the brain to help fight the current negative emotions.

Do some colouring in - the colouring sheets are a great stress relief and allow students a way to mindfully regather their feelings and emotions.

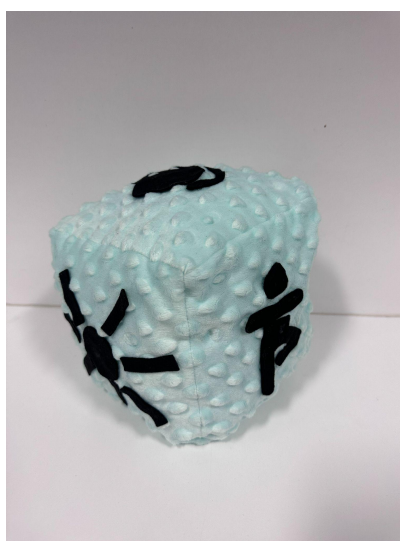
Yoga Poses - being still and focusing on balancing is a fantastic way for students to mindfully channel their current negative energy. It is also a great activity to be taken home, and can be done from anywhere (just with a bit of space).

Deep Breaths - encouraging full oxygen exchange, students will find this exercise super beneficial for also slowing their heart rate and stabilizing blood pressure, all in way to mindfully regulate themselves.

Sensory Activity- a way for students to be mindful and really recognise what is around them. Paying attention to what they, see, hear, smell and touch (not taste), allows them to take their mind off their current emotions and focus on what is really in front of them.

Take a Break - students have the chance to regulate themselves again by closing their eyes, breathing and counting slowly to 20 (or more if they desire)

Final Dice Photos



Final Overall Poster Design



Little Rollers
Anna Rovithakis | Emerson Fielke
Lainie Ritter

Little Rollers is an interactive resource designed for use in primary schools. It is a free-to-use resource that can be used in a variety of ways. It is designed to be used in a variety of ways. It is designed to be used in a variety of ways.

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Green Dice Activity

- Listen to Music
- Do some Colouring
- Yoga Poses
- Deep Breaths
- Sensory Activity
- Talk to Each Other

Blue Dice Activity

- Read to
- Read to
- Read to
- Read to
- Read to
- Read to

Red Dice Activity

- Read to
- Read to
- Read to
- Read to
- Read to
- Read to

Reflection Sheet

What did I learn today?

How did I feel today?

What did I like today?

What did I not like today?

What did I do today?

What did I see today?

What did I hear today?

What did I smell today?

What did I taste today?

What did I touch today?

Little Rollers Teacher's Handbook

What is Little Rollers?

How to use Little Rollers?

What are the activities?

What are the resources?

What are the outcomes?

Green Dice Activity

- Listen to Music
- Do some Colouring
- Yoga Poses
- Deep Breaths
- Sensory Activity
- Talk to Each Other

Video Script

Hi there, this video will inform you on our chosen topic of mentally healthy habits for this assignment.

What are mentally healthy habits? They are actions that are repeated consistently over time and help improve your mental health.

They are important because they can help people feel better in their day to day life and can improve health outcomes and help people manage difficult times. Habits can be difficult to build but it can help to start small and choose a tiny habit to focus on and build up over time.

Consistency is the most important factor when it comes to creating a habit, it can help to 'stack habits' in order to be more consistent. This means doing your habit after an already established habit, such as after you brush your teeth. It can also help to reward yourself instantly for completing the habit to maintain motivation.

For this assignment we chose to focus on children for our demographic in the age range of 5-7 years old.

The product that we came up with was Little Rollers. They are unique activity dice that are designed for use in the lower primary school classroom to help young children recognise and build healthy habits in order to regulate their emotions.

They are made out of a variety of sensory materials and are safe to use in a classroom environment. Each dice is colour coded and includes activities that specifically correspond with an emotion or feeling, such as sadness, stress or anger.

When a child feels an overwhelming emotion they can approach their teacher who will prompt them to use the dice. The child will roll the dice and complete the activity that it lands on. There are accompanying posters that help remind the child how to do the activity.

After the child has finished the activity they will complete a reflection sheet.

This allows the teacher, child and their parents to see which activities are the most beneficial. It also means that parents can start using these activities with their children outside of the classroom.

There is also a teacher's handbook that accompanies the dice which helps guide the teacher through the use of the dice and how to teach the activities.

Presentation Speech

Lainie

We chose the topic mentally healthy habits for this assignment.

What are mentally healthy habits?

According to Clear, they are actions that are repeated consistently over time and help improve your mental health.

They are important because they can help people feel better in their day to day life and can improve health outcomes and management of difficult situations.

Habits can be difficult to build but it can help to start small and choose a tiny habit to focus on and build up over time. Consistency is the most important factor when it comes to creating a habit.

It can help to 'stack habits' in order to be more consistent. This means doing your habit after an already established habit, such as after you brush your teeth.

(CHANGE SLIDE)

It can also help to reward yourself instantly for completing the habit to maintain motivation. For this assignment we chose to focus on children for our demographic in the age range of 5-7 years old.

(CHANGE SLIDE)

Emerson

The product that we came up with was Little Rollers. They are unique activity dice that are designed for use in the lower primary school classroom, helping young children recognise and build healthy habits in order to regulate their emotions.

They are made out of a variety of sensory materials and are safe to use in a classroom environment. Each dice is colour coded and includes activities that specifically correspond with an emotion or feeling, such as sadness, stress or anger. We've got the red dice to represent anger, blue dice to represent sadness and green dice to represent stress, all colours we found resonated with each feeling during our initial research.

We want children to be able to recognise how they're feeling, actively do something about it and have a handful of ways to refocus again. Each activity is something that can be done in a corner of a classroom so it's not disrupting for everyone else, but purposeful enough that they can be replicated at home.

Anna

When a child feels an overwhelming emotion they can approach their teacher who will prompt them to use the dice. The child will roll the dice and complete the activity that it lands on. There are also accompanying posters that help remind the child how to do the activity.

(CHANGE SLIDE TO THE COLOUR POSTER REPRESENTING THE DICE IN ACTIVITY)

We thought it might be fun to try an activity with everyone today. Please stand up and we will roll the dice and complete the activity together.

(CHANGE SLIDE)

Emerson

After the child has finished the activity they will complete a reflection sheet.

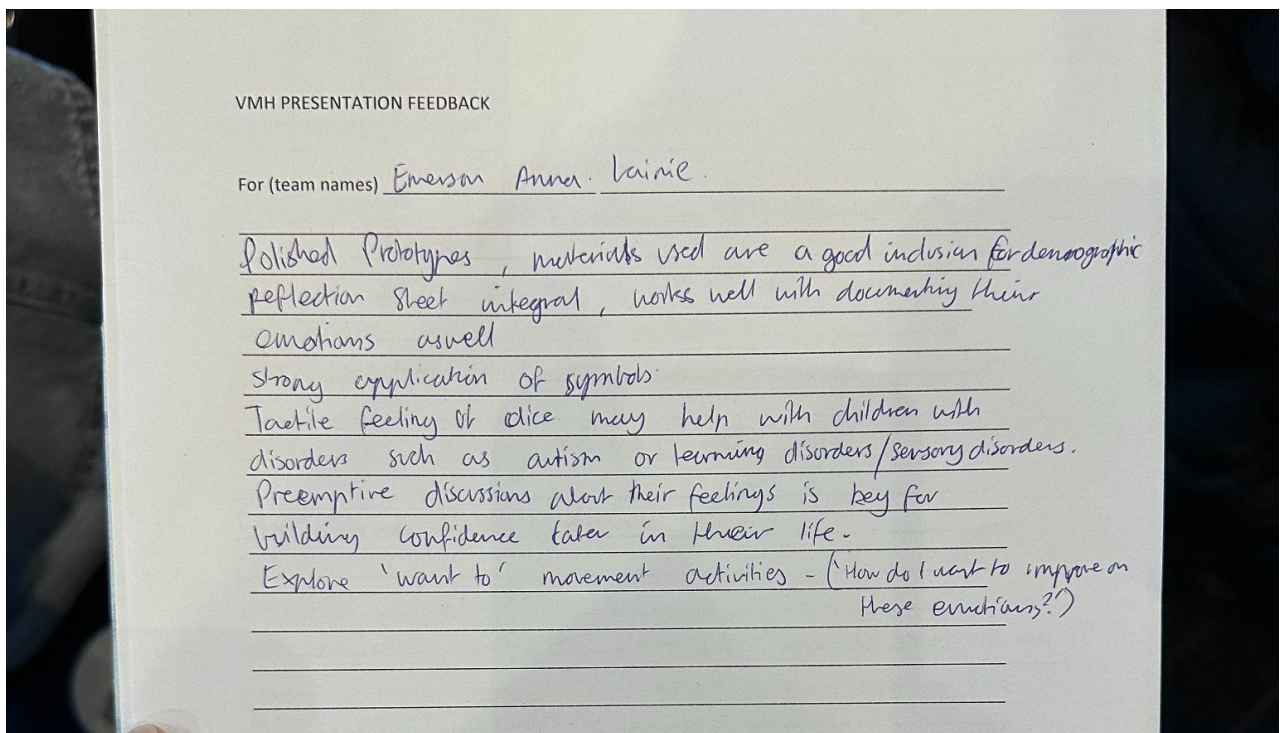
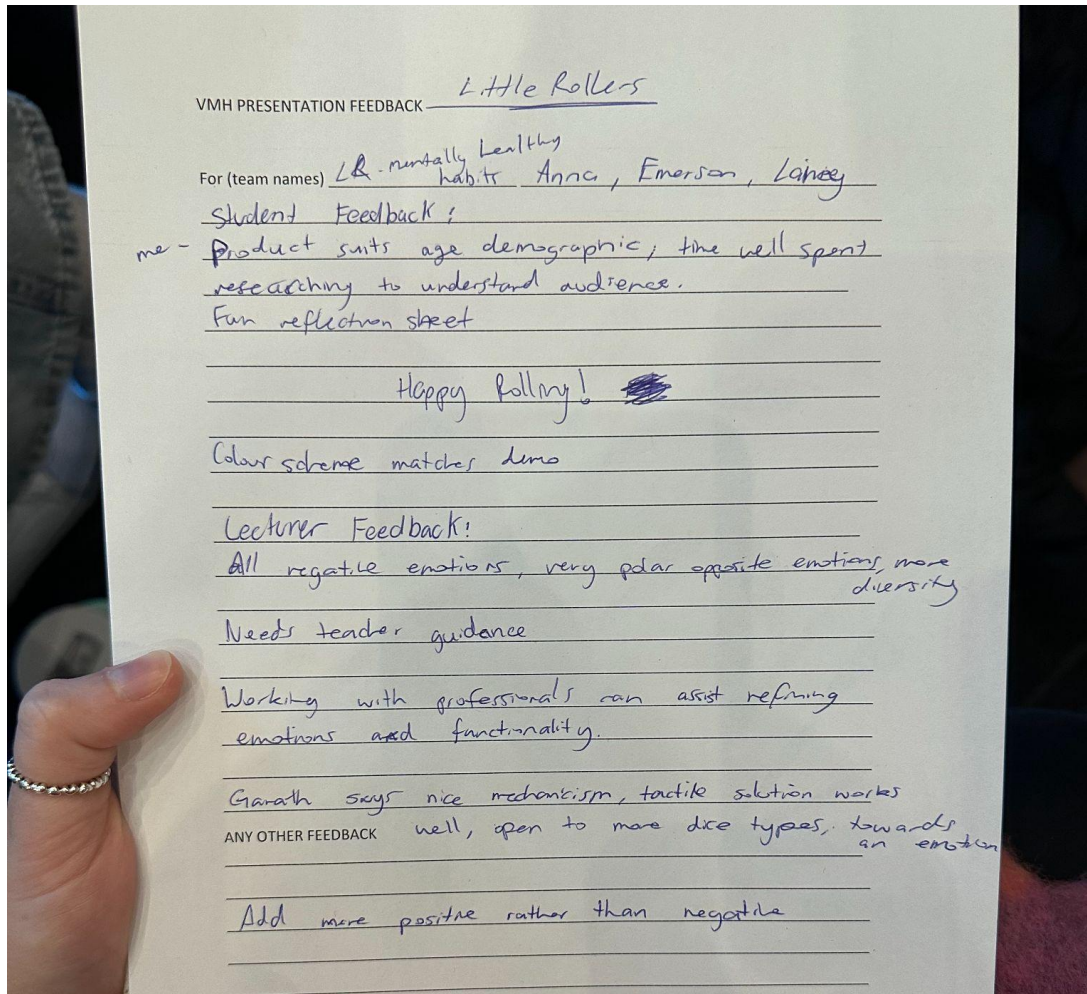
This allows the teacher, child and their parents to see which activities are the most beneficial. It also means that parents can start using these activities with their children outside of the classroom. I did want to make mention that when rolling this out in the classroom for the first time, we recommend explicitly teaching each mini activity. As we wrote in the teacher handbook, creating 3 groups, each group with a dice, and

participating in each activity allows the students to recognise the icons and actions in a smaller setting.
(CHANGE SLIDE)

There is also a teacher's handbook that accompanies the dice which helps guide the teacher through the use of the dice and how to teach the activities. (CHANGE SLIDE)

We just wanted to mention that when making the dice it was difficult to attach the icons with the method we were using so some of them are simplified. So that is something to consider if we were to make improvements. The other thing we would make changes to would be some of the activities on the dice, maybe making them more classroom appropriate and maybe less repeating activities between the dice.

Feedback from Presentation



Team Checklist

TEAM PRESENTATIONS

BRADLEY FORUM

9:15am sharp

Social Media Tiles	Emerson								
Dice Posters - Which icons need to be changed in order to make them easier to put on the dice?	Anna								
Handbook - also need mockup of the book cover	Emerson								
Reflection Sheet	Anna								
Dice Prototypes & Mockups	Lainie								
Gallery Poster	Lainie, Emerson & Anna								
Video Pitch	Lainie, Anna, Emerson								
<table border="1"> <tr> <td>Design of Slides</td> <td>Anna</td> </tr> <tr> <td>Script & Voiceover</td> <td>Work on together on Wednesday</td> </tr> <tr> <td>I movie</td> <td>Anna</td> </tr> <tr> <td></td> <td></td> </tr> </table>	Design of Slides	Anna	Script & Voiceover	Work on together on Wednesday	I movie	Anna			
Design of Slides	Anna								
Script & Voiceover	Work on together on Wednesday								
I movie	Anna								
Workfile	Emerson								
Rationale 400 words (goes with workfile) -throwing activity -packaging -ditching the parent company	Lainie								
Self Reflection	Lainie, Anna, Emerson								
Referencing for research in workfile	Lainie								
Compile submission documents - PDF artwork - Social media tiles - Workfile - Poster (packaged) - Poster (PDF) - Video pitch									