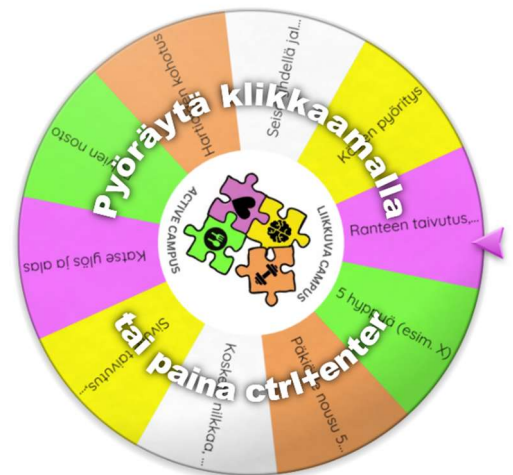


Welcome to the "Active Campus" Wheel of Fortune!

Suomeksi: <https://wheelofnames.com/fi/fee-bqt>

In English: <https://wheelofnames.com/fi/ybg-q4n>



What: The Active Campus Wheel of Fortune is a really easy way to liven up lectures and meetings. At the heart of the game is a wheel of fortune that guides participants through various exercise breaks.

How to play: Spin the wheel of fortune and complete the task. Some instructions are more specific than others, and there's also room for creativity. All ways of performing the movements are correct 😊 Unless otherwise specified, the game master determines how long the action lasts.

Why: Students sit for an average of 11 hours during a school day. You can do your part to reduce the amount of time spent sitting. From a learning perspective, taking breaks from sitting improves:

- state of alertness
- being attentive
- information processing

Changing positions and light movement stimulate blood circulation and brain activity, which supports memory and concentration. At work, this translates into greater stamina, reduced stress, and often increased productivity.

SURVEY FOR TEACHING STAFF AND STUDENTS (11/24)

OPISKELIJAT

87%

Liikuskelu ja taukoliikunta edistäisivät jaksamista

72%

Hengitysharjoitukset, rentoutumisharjoitukset ja aivopäähkinät edistäisivät jaksamista

75%

Olisi tarpeellista, että opettajat huolehtisivat tauottamisesta

Get started: Incorporate the Wheel of Fortune into your lecture or meeting – for example:

- at the beginning to energize the group
- in the middle as a break
- at the end as a light-hearted conclusion

Staff experiences:

“That was the best meeting ever”

“I’ve used this with students, it works!”