

Dear seminar/webinar organizer

Thank you for sharing these wellbeing tips from our project with your presenters in advance. The idea is to include, for example, Activity Icons or Wellbeing Cards in presentation slides as reminders of suitable wellbeing moments during breaks. We have also included links to short break exercise videos that can be embedded in presentations and carried out together. All materials are freely available:

<https://www.jamk.fi/en/project/active-university-project/the-activity-icons>

<https://www.jamk.fi/en/project/active-university-project/activating-wellness-cards>

Short break exercise video (in Finnish):

<https://www.jamk.fi/fi/projekti/aktiivinen-ja-hyvinvoiva-korkeakoulu/taukoliikuntavideot>

More materials:

Bingo notes for study and seminar days. Bingo notes are designed to increase activity and wellbeing during a day:

[Active University Project materials | Jamk University of Applied Sciences](#)

The Finnish Student Sports Federation has also created an effective “Juuli” video – this and other materials:

We have also used, for example, standing applause when possible for participants. Applauding in sign language – hands up and waving while standing or otherwise changing listening posture – increases circulation, learning, activity, and wellbeing.

At the beginning of a seminar/webinar, it is helpful to inform participants if Activity Icons or standing applause will be used and to explicitly give permission to move and change position whenever needed. In pair/group tasks, standing discussions or idea walks can be used, and during breaks, organizers can suggest outdoor/physical activity options, using stairs, or choosing more distant restrooms where queues are shorter.

Wishing you a successful and enjoyable learning experience!

