

## Welcome to our Weekly Wellbeing workout.

Each week we will include new activities in each of the four areas below. This will help us to keep our minds and bodies happy, healthy and strong.

Participate in as many of the different activities as you like. If you are willing, we would love to hear from you. How did you go? You can send us photos through your class dojo account.

**Gratitude** is about focusing on what's good in our lives and being thankful for the things we have.

Practicing **gratitude** helps us focus on what is important and what wonderful things we can be happy and grateful for in our lives.

**Mindfulness** means paying full attention to something. It means slowing down to really notice what you're doing. Being **mindful** is the opposite of rushing or multitasking. When you're **mindful**, you're taking your time. You're focusing in a relaxed, easy way.

### Brain Breaks

A **brain break** is just what it sounds like—a **break** from whatever you are **focusing on**. Short **brain breaks** during work time have been shown to have real benefits. They reduce stress and frustration and increase attention and productivity.

### Wellbeing

**Well-being** is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress. More generally, **well-being** is just feeling well.

### Websites / apps to explore

- Smiling Minds App (free)
- Cosmic kids  
<https://www.cosmickids.com/>

**Go on a sensory walk.  
Find something:**

- |          |              |
|----------|--------------|
| • Bumpy  | • To jump on |
| • Brown  | • To climb   |
| • Flying | • To run to  |
| • Round  | • Red        |
| • Yellow | • Green      |
| • Loud   | • Smooth     |
| • Quiet  |              |

## Gratitude

Ask your parents or guardians if you can watch 'Kid President's 25 Reasons To Be Thankful!'

<https://www.youtube.com/watch?v=yA5Qpt1JRE4>




Consider the five questions below. Chat with a family member or write / draw / record your answers. You could answer 1 question each day this week!

1. What was your favourite part of yesterday?
2. Which season are you most grateful for and why?
3. What is your favourite activity to do?
4. What is something or someone that makes you feel safe?
5. How would you rate today from 1 to 10? What are you grateful for today?



## A week of mindfulness activities

(if you are uncertain what each of these activities are, google and you will get many examples)

<p>Keep a journal about one thing you learned, one thing you are grateful for and one act of kindness you have done each day.</p>	<p>Play with your pet</p> 	<p>Nostril swap breathing – 15 each side</p>
<p>Lego challenge with family members</p> 	<p>Mindful shoulder roll</p>	<p>Bumblebee Breathing- take a deep breath through your nose and hum gently when you breathe out.</p>
		<p>Watch or listen to something funny</p> 

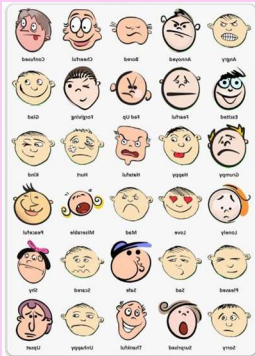
## Brain Breaks

5 minute	15 minute	30 minute
<ul style="list-style-type: none"> <li>• <a href="#">GoNoodle Videos</a> on YouTube</li> <li>• Jump rope</li> <li>• Create Play-Doh sculptures</li> </ul>	<ul style="list-style-type: none"> <li>• Draw with sidewalk chalk</li> <li>• Paint with watercolours</li> <li>• Ride a bike</li> <li>• Play hide and seek with a sibling or parent</li> </ul>	<ul style="list-style-type: none"> <li>• Create and complete a nature scavenger hunt</li> <li>• Make a craft from recycled materials</li> <li>• Play a card game (Go Fish, Old Maid, War, Uno, etc.)</li> </ul>

## Wellbeing activities

### Prep – Year 2

#### Making Faces



Make faces in different ways to reflect a range of different emotions. (eg. Happy, sad, angry, excited).

Faces could be made by:

- ✓ In the mirror or selfies on a phone
- ✓ Spraying shaving cream on a tabletop and drawing faces with their finger (Could also use a teaspoon, fork or paintbrush)
- ✓ Drawing faces in sandpit
- ✓ Painting or drawing faces on paper
- ✓ Using playdough and found materials
- ✓ Decorating arrowroot biscuits with icing

Use the following questions to talk about the faces

1. What feeling is this?
2. How is this one feeling?
3. When do you feel like this?
4. I think you might be feeling (eg, happy, sad, tired etc.)

### Years 3 - 4

#### Spidey Senses

#### Making mine music!



What are 5 things you can see?

Now close our eyes.

What are 4 things you can hear?

What are three things you can touch / feel?

What are two things you can smell?

What is one thing you can taste?

How do you feel?

Make a playlist of your favourite feel good music.

Keep adding to the play list every day as you think of more music that makes you feel happy.

Every day, spend some time dancing to music from your playlist.

If you are able to, get together with other people (at home or with friends vis vide call) and dance together to each other's play list.

### Years 5 and 6

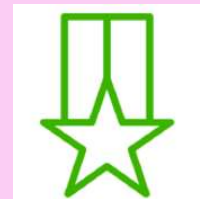
#### Thank a Community Hero

#### If you were a super hero



Show your appreciation to someone who helps you or someone you care about to feel safe, calm, happy or thankful by:

- Drawing them a picture
- Making them a video
- Writing them a letter, song or poem



Can you explain why their actions make you feel safe, calm, happy or thankful

Imagine you are a super hero. What would be your strengths?

You might like to think about the things you are already good at and turn them into super powers!

For example, focusing on the detail super power = magnifying glass eye sight!  
Could you make a comic strip about your super hero?

These activities are linked to the Australian Curriculum *Personal and Social Capability* learning continuum.