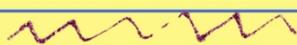




Wellbeing Wednesday

We have added to our list of activities for you to choose from. These are highlighted in yellow. You will also see a new section: Acts of Kindness. We hope you enjoy these activities.



Wednesdays continue to be about **YOUR wellbeing.**

This means there will be no academic work scheduled or contact from a teacher on Wednesdays. We also want you to try and stay off the screens (TV, iPad, computer etc) for the day.

The school has outlined lots of suggested ideas to support your family's wellbeing. Choose some activities to fill your day!

WELLBEING WEDNESDAY

Outdoor

Creative

Relaxation / Mindfulness

Acts of Kindness

Outdoor / Games

Activity	Description
Heads or tails	The heads or tails quiz lets one person come up with true or false questions of their own that they then ask everyone else. If you think it's true you put your hands on your head, if you think it's false you put your hands on your hips. If you are wrong, you're out.
Quizzes	Each child in turn can be the quiz master and create all the questions and answers. See what you know lots about to tell the rest of the family.
Bin Basketball	Create a small backboard and stick it above your bin. Take turns trying to shoot a ball of paper into the bin. You can make it a competition by moving further and further away from the bin while trying to shoot it in.
Skittles	Make some skittles from whatever is around the house like empty drink bottles, milk containers etc. Take it in turns to knock the bottles down with a ball.
Outdoor Exercise	<ul style="list-style-type: none"> ○ Go for a bike ride or walk with your family. ○ Look for different plants and animals. ○ Make a list of the ones you see and draw a picture of them. ○ Think of all the things that you can see, hear, smell and feel.
Family Olympics	<ul style="list-style-type: none"> ○ Create your own design for medal that could be presented to place getters at your Mini Olympics. Make them out of paper or cardboard and string. ○ Participate in Mini Olympics inside or outside as a family and award the medals. Events could include: <ul style="list-style-type: none"> ▪ Running races- three-legged races, pillowcase races, jumping races, galloping races, wheelbarrow, relays —mix it up and include as many as you like. ▪ High Jumps – standing next to a wall and have them jump as high as they can ▪ Funny running – Get from one side of the yard to the other while running like an animal e.g. monkey, snake, horse, kangaroo, bear, bird, cat,

	<ul style="list-style-type: none"> ▪ Throwing Competition – Choose a ball or a frisbee and see who can throw the farthest. Alternatively, play a competitive game of catch, where whichever team keeps the ball from hitting the ground the longest wins. ▪ Basketball – If you don’ have a hoop, use a bucket or a laundry basket. See who can make 10 baskets the fastest or compete to see who can make the most shots in 2 minutes. ▪ Jump Rope – Who can jump rope the longest? Who can jump rope backward the longest? ▪ Long Jump – Practice jumping as far as you can, marking where each person lands. ▪ Balance Challenge – See who can walk the farthest with a book or beanbag balanced on their head. ▪ Who can walk the fastest balancing a ball on a spoon? ▪ Who wins a race hopping on one foot? ▪ Soccer – If you don’t have a real goal, use some chalk to mark off a big rectangle on the fence in your yard. Play an actual game of soccer or have a goal-kicking contest.
Duck Duck Goose	Family members sit in a circle on the ground. Nominate one person as “it”. They walk around the circle touching each person on the shoulder and saying if they are a duck or a goose. If a person is nominated as being a duck, they remain seated. When someone is nominated as being a goose, they must get up and chase that person around the circle and tag them before they make it back to the empty spot where the goose was sitting.
Exercise routine	Create your own 5-minute exercise routine and encourage your family to join in. You could do: star jumps, squats, high knees, push ups, lunges, plank, fast feet etc.
Keep the ball up	Using any type of ball, try to keep the ball off the ground by passing it to each other.
Rebound ball	Find a wall or a backboard of a basketball ring. Each person throws a ball at the wall or the backboard and stands back for a second person to catch the ball. Keep continuing until someone drops the ball.
Wulijini	A game where two teams hit a ball (or a balloon) back and forth with the palms of their hands as many times as possible. The aim is to set a record for the whole family.
Bat Tapping	Get any type of bat and ball that you have. The aim is to keep tapping the ball into the air with the bat for as long as possible. See how many times you can tap the ball without dropping it.
Bucket and hoop	Get a tennis ball and try to throw the ball into the bucket or hoop to score points.
Boccia	This game requires you to throw as many balls as you can to try to get them as close as you can to a target ball.
Gorri	Gorri is a target game that requires you to throw a ball to hit a moving target. A large ball such as a beach ball rolls past you and your family members who try to hit it as it goes past with your tennis ball.
Egg and Spoon Race	Have an egg and spoon race. Balance a cotton ball, pom pom or scrunched piece of paper on a spoon and see how far you can walk without it falling off. Can you race someone in your family?

Creative

Activity	Description
Writing	Songs, stories, poems, letters. Let the creative juices flow.
Letter	Write a letter to yourself to open in 5 years’ time.
Dessert	Draw a picture of the best dessert you can possibly imagine.
Rainbow Foods	There are 7 colours in the rainbow. Can you think of a food that’s the colour of each one? Draw a picture to show these.
Recycling	Take charge of the recycling in your home.
My school	Design a poster to tell everybody all of the things that you love about your school.
A, b, c	Can you name something you would find in the house that starts with the letter a, b, c and so on?

Scribble drawings	Have someone draw a random scribble on a paper. Then, try and turn that scribble into a completely different drawing by turning it into something else. Take turns seeing what pictures you can make from each other's scribbles!
Homemade play dough	You can make this with a variety of recipes online. Make the letters of the alphabet and create your name. You can also make numbers. It's also good for fine motor skills.
Recycling craft	Use your imagination to create something from recyclable items such as old cardboard boxes, newspaper, etc.
Magic Wand	Collect a stick from outside and decorate it using craft materials – for example, you might tie string to it, colour it in with markers or stick gems on. Have fun pretending to be wizards by making up spells and magic powers with your wands!
Pet rock	Collect a rock from outside and decorate it using paints or other craft materials. Create a pet adoption certificate and give it a name as well as birthday! You might even write details like what its favourite food is or what it likes to do.
Celebrate your culture	With your family, celebrate your family's cultural background by either cooking a cultural dish, playing a cultural game or learning and speaking the language if you have one.
Create your own animal	As a family, select one random animal each. Then, try and create a new animal by combining features from the different animals you've chosen. Share your designs with each other and describe your new animal!
Cook something new	Find a new recipe that you would like to cook. Work together to make the recipe and then eat it as a family.
Mosaic	Take a piece of paper and crumple it up. Unfold the paper and smooth it out. Colour in all the mosaic pieces in different colours.
Cardboard box challenge	What can you turn a cardboard box into? Explore your imagination and create something great!
Lego Masters	Use Lego to create a scene. When all members of the family are finished share with each other what your scene is of.
Construction	Use construction toy, building blocks or modelling materials to make something. Work with your family to build something as a team.
Make a collage	Make a picture showing things that make you smile or that you are most proud of.
Make a paper aeroplane	Make a few with your family and have a competition to see which one flies the furthest. Make a target and aim for it.
Cooking	Find a recipe you like and learn how to bake or cook it with your families help. It could be biscuits, pancakes or fruit salad.
Art	Make some wild art using sticks, leaves, flowers and anything else that you find outside.
Learn a new skill	Follow some instructions from a book/ parent or online to learn how to do something new. Teach your new skill to another member of your family.
Potion	Imagine you have the power to create a potion. What would your potion do and how would you make it?
Sing	Sing the lyrics to your favourite song. You could make up some movements to go with it and perform it for the rest of your family, or get them to be in your performance. You could play a song and family members have to guess the title and sing the next part of the song.
Dance	Put on your favourite song and dance along. You may be able to follow a dance-along version on YouTube.
Make a time capsule	Make a time capsule that includes information about your life today. <ul style="list-style-type: none"> ○ Which people are most important to you? ○ What are you most grateful for? ○ What are your favourite things? ○ What goals do you have for the future? Keep your time capsule somewhere safe and open it in the future.

Make a musical instrument	Make a simple musical instrument such as a set of drums or a guitar or maracas. You could use old boxes, rice, elastic bands. Perform a song for your family.
Letter Hunt	Ask a family member to shout out a letter then run and find something beginning with that letter.
Act it out	Think of some actions. Take it in turns to act them out and see if your family members can guess what the action is.
Doodling	Grab some paper and pens/pencils or textas and doodle anything you like. Animals, aliens or something else.
Drawing	Draw a map of your local area and highlight interesting landmarks.
Puppet	Use an old sock to create a puppet and put on a puppet show for your family.
Colouring	Draw and colour in a picture.
Gift	Draw or make something for a friend or a member of your family.
Poem	Write a poem about your family, your pet, your friend or about a topic that interests you.
Poetry	Write a poem that expresses your feelings or ideas about a special place.
Get Sketching	Find a photograph or picture of a person, place or object and sketch it.
Draw a view	Lookout your window and draw what you see.
Get creative	Make your own bookmark to use when you read. How will you decorate it?
Get crafty	Make a mask of your favourite book character. You could use a paper plate, some cardboard or something else.
Drawing	Draw a sketch of a native Australian animal and colour it using aboriginal colours. Put your animal in a background remembering Aboriginal patterns.
Logo	Design a logo to show what is important to you.
Story	Write a story about a family holiday that you could take anywhere in the world.

Relaxation/Mindfulness

Activity	Description
Routines	Design a daily planner as a family and then ensure that everyone is clear about the plan for the day.
Compliment Slips	Get some slips of paper and write something nice about a friend. Make similar 'compliment slips' for everyone in your class and when you come back to school, you can give it to them.
Keeping healthy	Research how much water you should drink each day and how much sleep you should get each night. Keep a record of how much water you are drinking each day and a sleep diary over the week to check that you are getting enough sleep each day.
Overcoming worries	Think about something that might be worrying you now. Create a comic strip in which you overcome your worries.
Fab File	Collect work and pictures that you are proud of, certificates that celebrate your achievement and card from people that you care about.
Collage	Make a collage of things that make you smile or that you are proud of.
Bedtime	Plan a routine that might help you to relax before bedtime.
Stretching	Take your time and do some body stretching exercises. Focus on your body and hold the stretch for 10 seconds.
Emoji diary	Identify and acknowledge how you are feeling each day using an emoji. Make sure you know it is ok to feel other emotions besides happy all the time.
Picnic	Have a picnic in your backyard and eat your recess or lunch outside. You might even make it a teddy bear picnic by bringing your toys along too.
Listening	There are lots of listening games to play e.g. pass the message, name that song or what animal is that. Listen to the house, listen outside or whisper words to see if your family members can guess what they are.

Make a Zen garden	You need some sand or dirt, some objects and a rake. You can create it in a small part of your garden or on a paper plate. You can use toys as the objects to be placed in the garden and you could use the rake (or a fork) to create patterns in the sand or dirt.
Weekly Kindness	Write down each day every kind thing that you do, and at the end of the week, add them up.
Mindful morning	Take 5 deep breaths. Name 4 things you notice. List 3 things that you are grateful for. Say 2 positive self-talk statements. Name 1 thing you are looking forward to.
Get outside	Water some plants, rake the leaves or weed the garden.
Character Strengths	Think about what is challenging about learning at home at the moment. What strength is helping you deal with it? Write or draw about it.
Mindfulness Activities	Mindfully wash the dishes, walk through the house, meditate, make your bed. Do this by focusing all your attention and thoughts on the activity and doing it slowly.
Enjoy - Positive Emotions	One way to feel good is to enjoy the good times. You can enjoy a conversation, a hot shower, yummy food, music, sunshine. Focus all of your attention on it, using as many senses as you can. What does it sound like, feel like, what can you see, taste and smell?
What Went Well	Make a list or draw a picture at the end of each day of 3 things that went well and why. Share these with your family.
Worry Chart	Write different things that worry you on pieces of paper. Sort them into 'worries you can control' and 'worries you cannot control'. Put the 'worries you cannot control' into the bin!
Laugh	Share some favourite jokes with your family or watch a funny cartoon or video.
Read a book	Choose a book you haven't read before or pick your favourite book and read it with your family.
Give to another family member	Have your children make a card or artwork for another member of the family. Draw and write why this person is special to you. Include how this person helps you or makes you happy.
Board games	Play a board game with your family. Design and Make a board game and play it with your family.
Family Trivia or Kahoot	Write some family trivia questions and take turns answering and reading out the questions. You could have topics like TV shows, Movies, Sports, Olympics. Create a family Kahoot.
Simon Says	Choose a child to be Simon. Children must follow the directions given by "Simon" as long as he starts each one with "Simon says...." If someone accidentally carries out a direction that does not start with "Simon says...." they are out of the game.
Write a letter	Write a letter to your friend, telling them what you have been doing recently. Include a drawing for them.
Act of Kindness	Do something nice for someone in your family and write a thankyou letter to them showing your appreciation for what they do for you.
Gratitude	Make a list of all the things that you are grateful for. You could show these in the petals of a flower drawing or the coloured stripes of a rainbow drawing.
Star Gazing	Look outside at night and search for the stars. Make a picture or pattern with them.
Create a Family Kindness Jar	Every time someone does something kind, write it down and put it in the jar. When the jar is full treat yourselves to something special.
Start a diary	Write a short entry each day about what you do and how you feel.
List making	Write a list of things that make you happy, things you're grateful for or things you are good at.
Cloud gazing	Lay on the ground and look at the clouds. Draw a picture or pattern of animals or objects that you see.
Mindful Breathing	Sitting or standing, place your hands on your belly. Close your eyes, or look down towards your hands. Take three slow, deep breaths in and out. In your mind, count "1, 2, 3" for each breath in and "1, 2, 3" for each breath out. Pause slightly at the end of each exhale. Continue for 3 to 5 minutes.

Sense Countdown	<p>Sit or stand straight and still. Close your eyes or look downward. Take three deep breaths in and out. Open your eyes.</p> <ul style="list-style-type: none"> • Notice five things you can see. • Notice four things you can touch. • Notice three things you can hear. • Notice two things you can smell. <p>Notice one thing you can taste.</p>
Feelings book	<p>Create a feelings book and write in it each day. Draw a picture of how you feel. Complete the sentence, "Today I feel..... because" e.g. Today I feel excited because my new board game will be arriving in the mail.</p>
My Family	<p>Make a mini book about the people in your family. Can you read your book to the people in your house?</p>
Calm Cards	<p>On pieces of paper or cardboard, draw pictures that help you feel calm like drinking water, taking breaths, closing your eyes, reading a book, or hugging a family member. Label the cards and then tie them together with a piece of string or wool. You can use the cards whenever you're feeling upset, angry, scared, or sad to help you feel better.</p>

Acts of Kindness

Make your bed without being asked
Help someone in your family with their learning at home.
Make it a No Complaining Day
Clean Up after someone else
Help someone in your family before they ask you
Make someone else's bed
Say something nice about each member in your family
Give an extra hug to your parents
Say thank you all day long
Share your toys with your brothers and sisters
Tell someone in your family why they are important to you

My Matrix – Use this to tally your activities.

Outdoor	Creative	Relaxation / Mindfulness	Acts of Kindness