

Wellbeing Book

VOL. 01

A WELLBEING ACTIVITY BOOK

YEAR 3-6

SCHOOL
COUNSELLING

Wellbeing Book

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Kindness



This is a booklet for you to complete. It is all about your wellbeing and happiness while you're learning from home.



For parents: this booklet has some extra activities for your child which you can complete with them if you wish. This is optional and does not have a due date, it is designed to help students focus on their wellbeing while at home.



Mindfulness

What is Mindfulness?

Mindfulness means paying full attention to something. There may be times when you've practised mindfulness without even knowing!

For example, maybe you've been balancing on something and had to put all your attention on placing one foot in front of the other and keeping your body steady. You're not thinking of anything else and all your focus is on balancing. That's mindfulness!



Being mindful helps you to:

-  pay attention
-  feel calm
-  be patient
-  listen better
-  feel happier

Mindfulness is really helpful when your day-to-day life has changed and you feel a bit stressed or worried. You might be feeling that way now (or you might not). Either way, doing some mindfulness activities will help you while you're working from home. Let's try some!



ACTIVITY ONE

Just One Breath BREATHING ACTIVITY



Find a relaxing place, sit comfortably, and set a timer for one minute.

Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.



Take another slow deep breath, imagine the air moving down into the lungs and back up.

Take one more deep breath and hold for a moment, then release it.



ACTIVITY TWO

Create a GLITTER JAR

- ★ Finding a jar or plastic bottle and allow your child to decorate it however they like.
- ★ Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- ★ Seal the lid and you are ready to go.



ACTIVITY THREE

Heartbeat Exercise

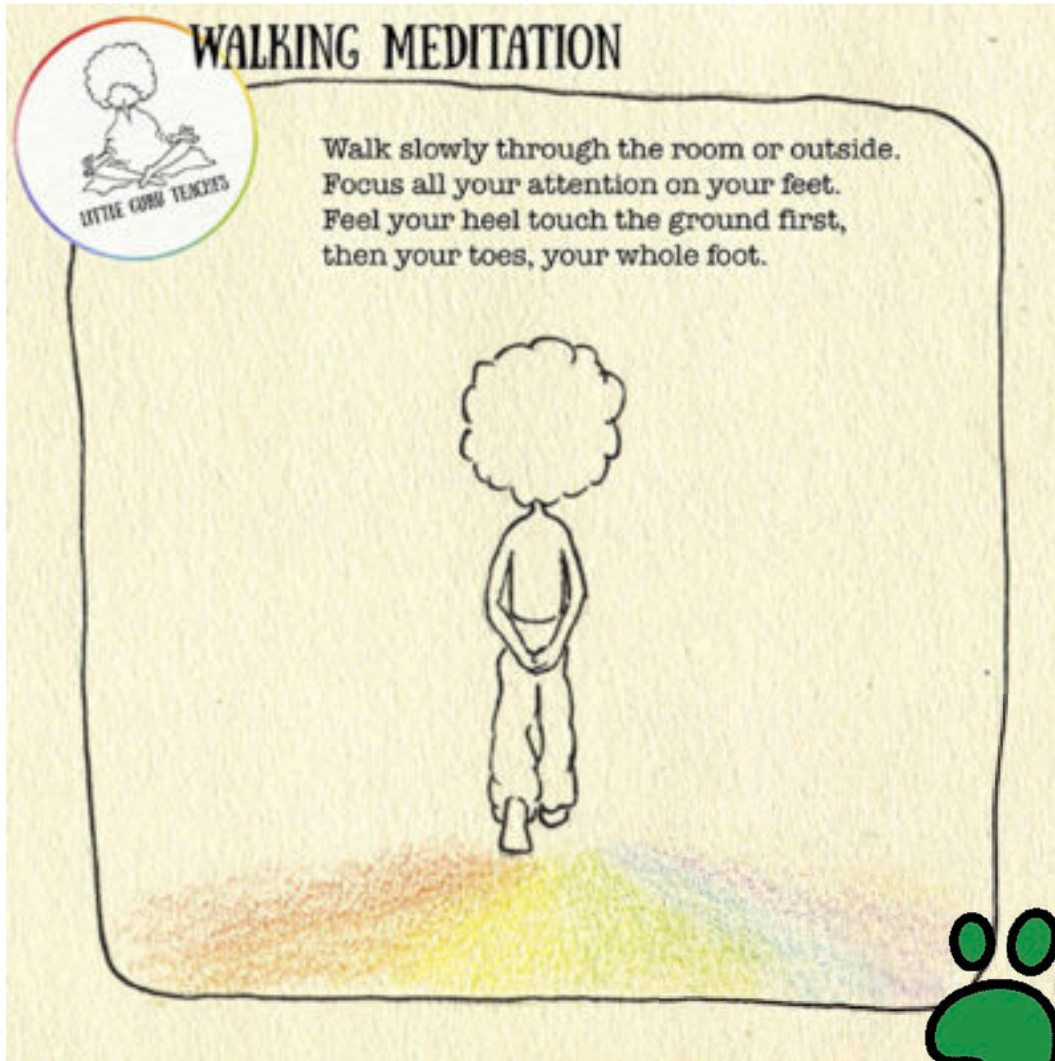


Ask your child to stand up and either jump up and down or do jumping jacks for one minute.

At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.



ACTIVITY FOUR



WALKING MEDITATION

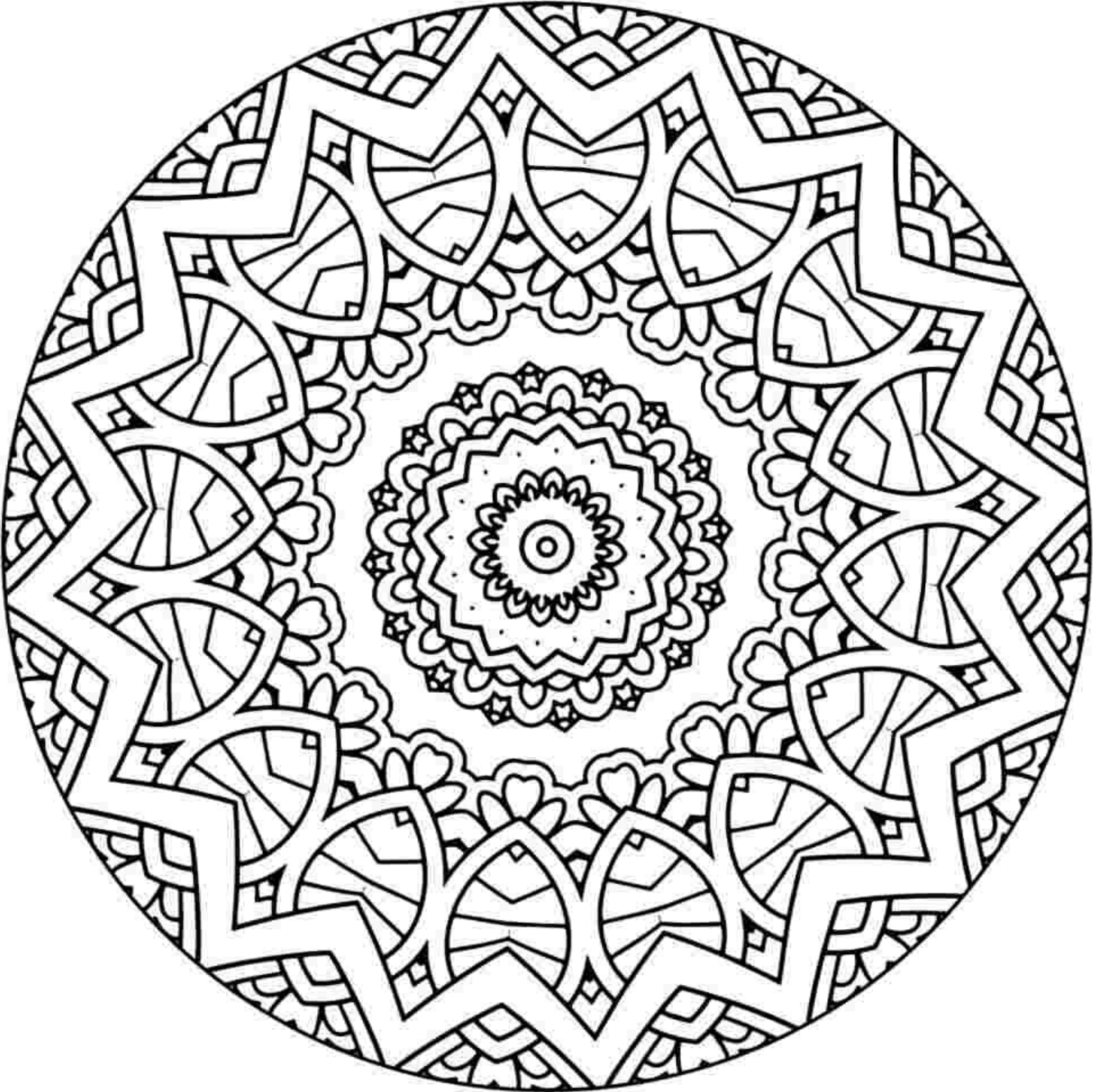
Walk slowly through the room or outside. Focus all your attention on your feet. Feel your heel touch the ground first, then your toes, your whole foot.

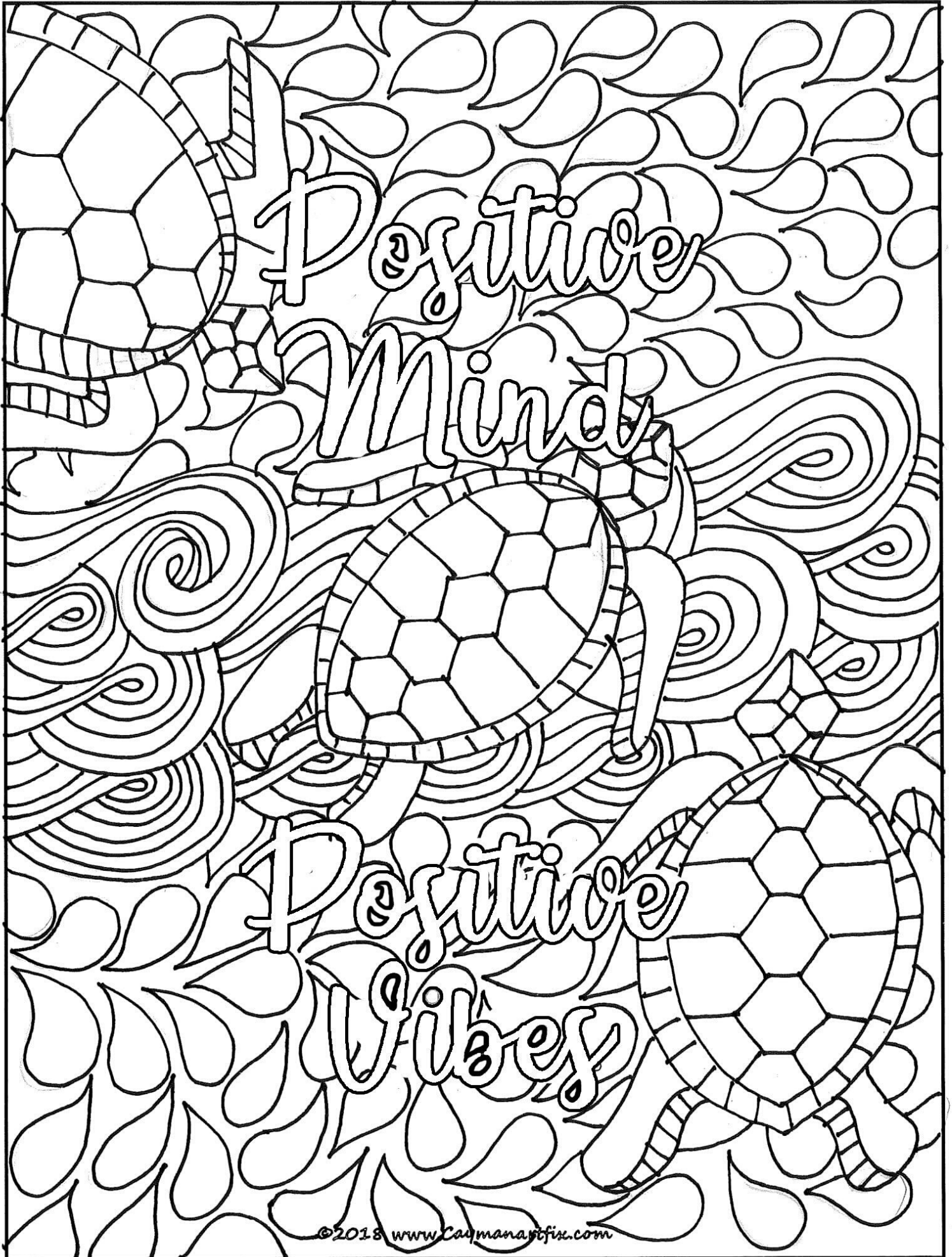
LITTLE CORN TEACHERS

The activity card features a circular logo in the top left corner with a drawing of a person meditating and the text "LITTLE CORN TEACHERS". The main text is enclosed in a rounded rectangular border. Below the text is a simple line drawing of a person with a large, bushy afro hairstyle, standing with hands clasped in front of them. The ground is represented by a horizontal band of colorful, textured shading at the bottom of the frame.



DO SOME MINDFUL COLOURING-IN





Physical Activity

The Importance of Physical Activity

Physical activity is anything that gets your body moving. Moving your body helps you to:



Stay healthy



Feel happier



Feel calmer



Physical activity helps your heart work at its best, brings oxygen into your body, and fills your brain with 'endorphins' which make you feel good!

Are you moving around less now that you're staying home more? Here are some activities to get moving at home!





Indoor Games & Activities

To Get Children Moving



- **GO ON AN ALPHABET SCAVENGER HUNT**

Make a poster with the alphabet and have your child search for items that begin with each letter.

- **PLAY HOPSCOTCH IN A HALLWAY**

Use any paper you have on hand (or cardboard) to cut out shapes. Use double-sided tape to place the shapes on the floor to begin your game of hopscotch.

- **CREATE AN OBSTACLE COURSE**

Use items around your house (pillows, pool noodles, baskets, etc) to create a fun obstacle course.

- **PLAY THE FLOOR IS LAVA**

Decide which furniture is ok to jump on and considered safe. Set a timer and the first person yells, "The floor is lava." All other players must get to the "safe" spot before the time runs out.

- **GO ON AN ANIMAL SAFARI**

Draw or print different animal shapes and have your child color them in. Hide them around the house for your child to find.

- **PLAY I SPY CLEANUP**

Set a time to put away as many items until the clock runs out. Call out an item for your child to race towards, grab, and put away!

- **PLAY A FLASHCARD HIDE AND SEEK**

For younger children, hide flashcards of letters and numbers around the house. Have your child find the cards and tell you the letter or number they found. For older children, hide word or math fact flashcards and have them tell you the answer when they find them.



- **PLAY HIDE AND SEEK**

One person counts and covers their eyes (no peeking!) for 20 seconds while everyone else finds a place to hide.

- **DANCE YOUR HEART OUT!**

Have a group video call with friends and do a virtual dance party. Use tools like Skype or Zoom.

- **PLAY TWISTER**

Dig up your old Twister game and teach your kids how to play. If you don't have one, cut out different color circles, tape them to your floor, and create a simple spinner.

- **PLAY FOLLOW THE LEADER**

Have your family take turns being the leader. The leader gets in front of the line with everyone else behind them mimicking the leader's actions. Get creative with your movements! Wiggle your arms while walking, march, bunny hop, etc.

- **WRITE THE ROOM!**

Hide sight words (letters, numbers, spelling words, etc.) around the room or house and have children find and record them using clipboards.

- **PLAY SIMON SAYS**

A person named Simon is the leader and gives out commands. For example, "Simon Says run in place! Simon Says crawl like a bear." If Simon doesn't start the command with "Simon Says," the players to follow the command are out.

- **CREATE A SAFE PHYSICAL ACTIVITY SPACE**

If you have an open space like a basement, take an old mattress and place it on the floor for gymnastics or wrestling.

- **PLAY RED LIGHT, GREEN LIGHT!**

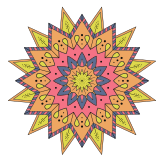
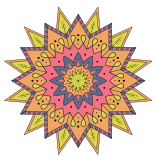
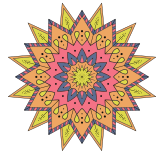
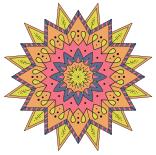
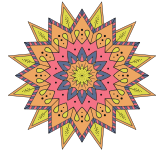
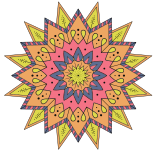
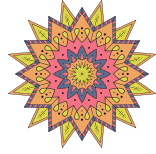
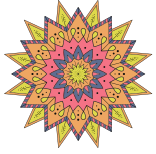
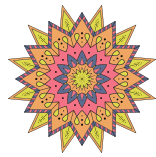
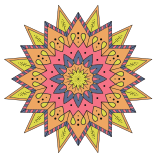
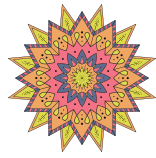
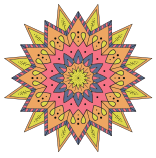
Choose a start and finish line. Have everyone line up against a wall. Red light means stop, and green light means go! One person will yell out either command as everyone races to the finish line.

- **DO A "DECK OF CARDS" WORKOUT!**

Assign each shape a different exercise. For example, Hearts = running in place, Diamond = jumping jacks, Spades = push-ups, Clubs = sit-ups. Take turns flipping the cards and doing that number of the exercise.



Write a list of physical activities
you enjoy



Write one physical activity you can do for each day of the week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday




Resilience

What is resilience?

Resilience means being able to cope when things go wrong and being able to bounce back from these experiences




Think of something hard or scary you've had to deal with. How did you feel at the time? How did you cope, and what did you do to start feeling better?



Building our resilience helps us bounce back when things go wrong. There are many ways you can become more resilient.

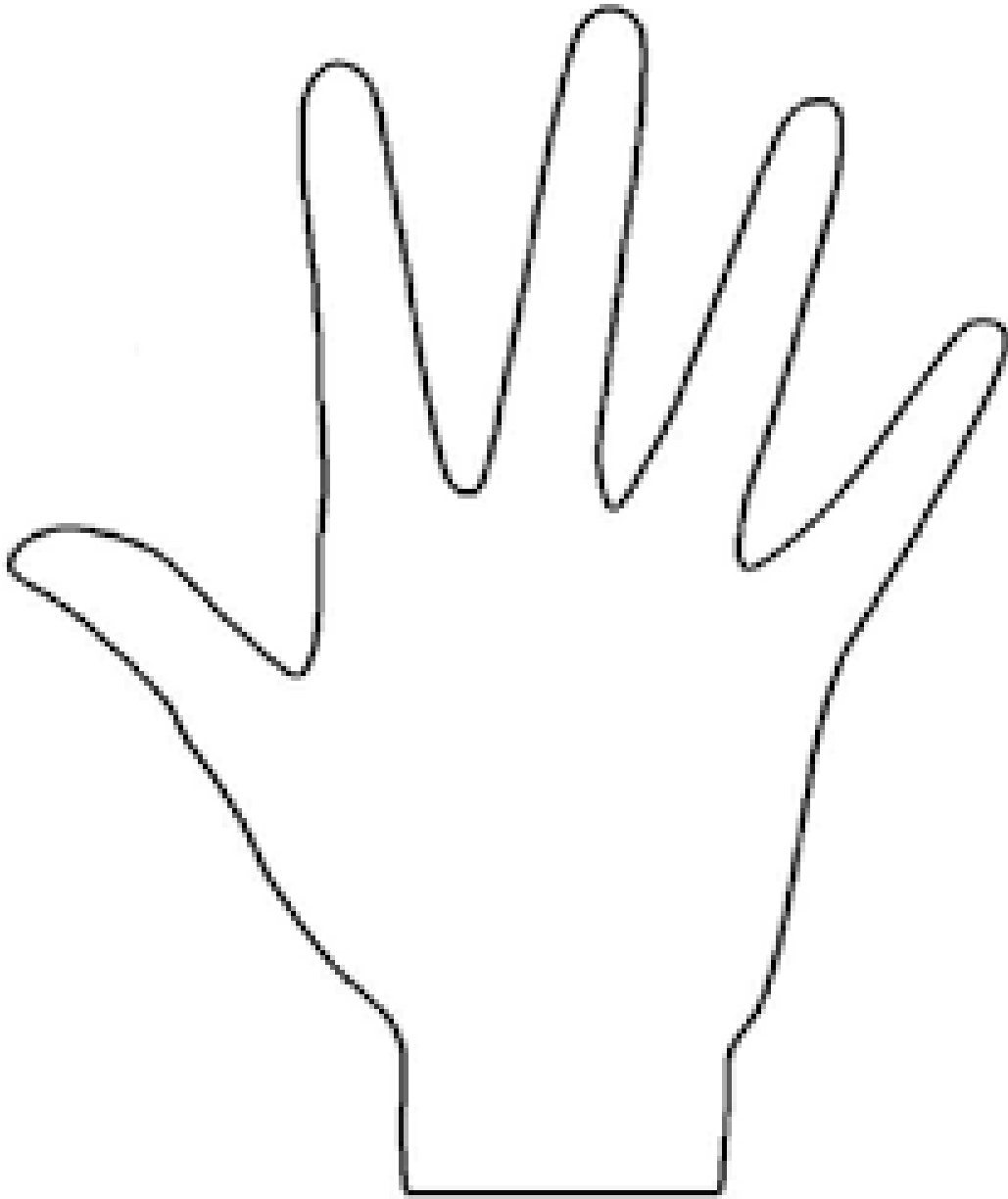
We will look at some of those ways now, including: knowing who you can turn to when things go wrong; recognising your emotions; knowing your strengths and how to use them; and being grateful for the good things in your life.



HELPING HAND

Who are 5 people who you can go to when you need help?

Write each of their names in a finger

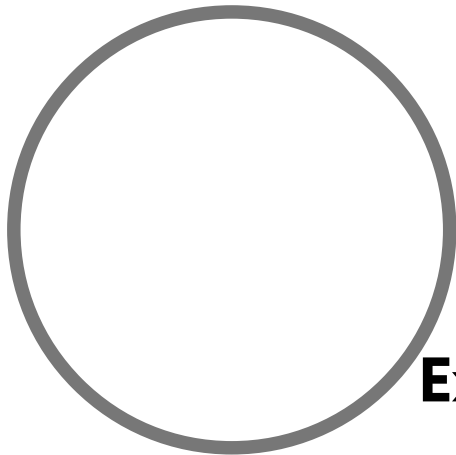


Trace your own hand on this page and decorate it

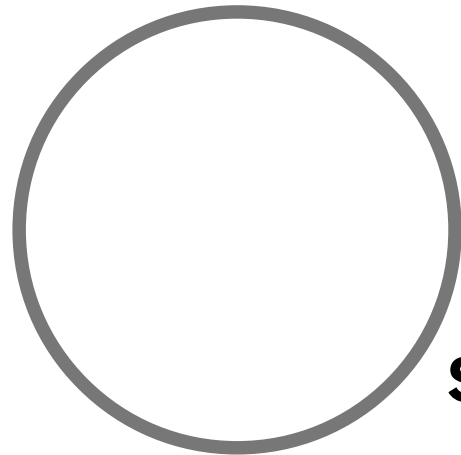
RECOGNISING

EMOTIONS

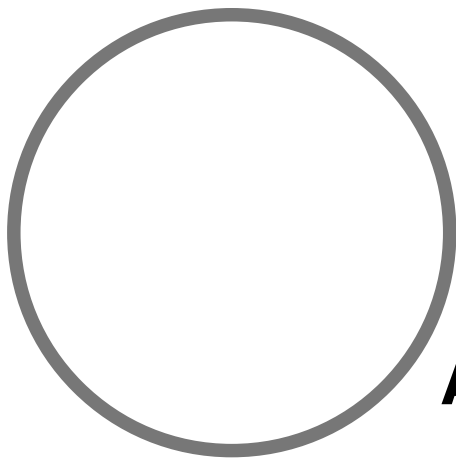
Draw a face to match the feeling



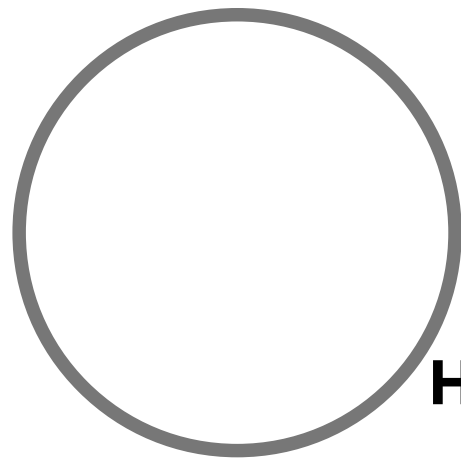
Excited



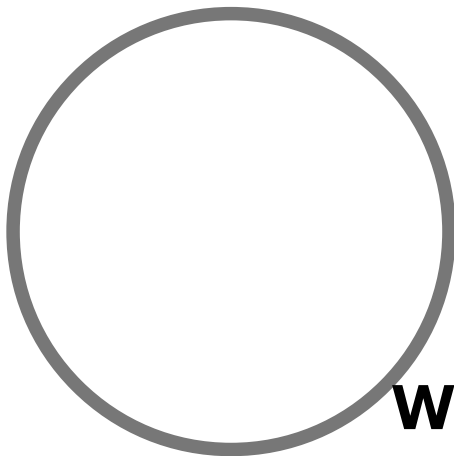
Sad



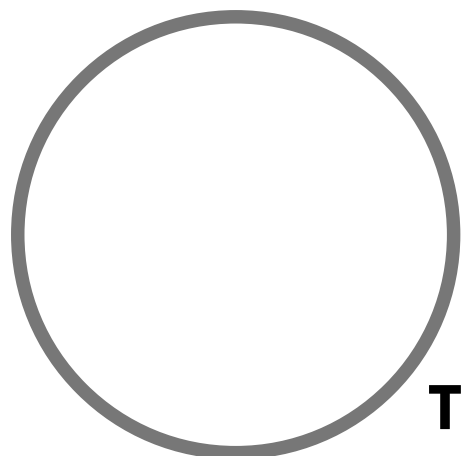
Angry



Happy



Worried



Tired

Draw or write about a time when you felt:

Excited

Angry

Sad

Tired

Worried

Happy



When we experience difficult emotions we sometimes need some strategies for dealing with them. List some ways you can cope with these emotions (some examples have been filled in):

Anger

Deep breathing
Count to ten

Sadness

Worry

Mindful breathing



RECOGNISING STRENGTHS

Circle the statements that apply to you

I am happy

I can do things by myself

I join in

I am a good friend

I like to play

I help others

I try new things

I am forgiving

I have good manners

I find ways to do things

I am honest

I am strong

I am sensible

I am easy to get along with

I am good at making things

I am interesting

I do things well

I am good fun

I stick up for myself

I work hard

I am loving

I don't give up

I care about others

I am fair

I am brave

I am patient

I am calm

I am full of energy

I am careful

I look after things well

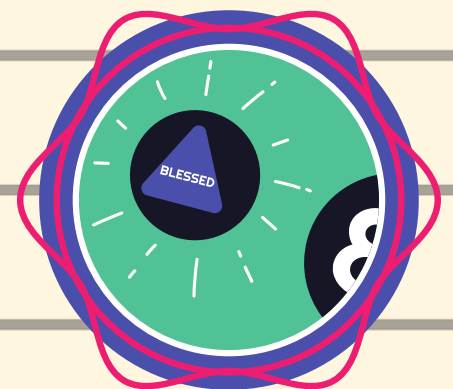
I am reliable


I think a lot

I am neat and tidy

I am a star

Write about a time when you have used or shown your strengths.





GRATITUDE

Gratitude is about noticing and being thankful for the good things in our lives and making sure we take the time to appreciate these things.

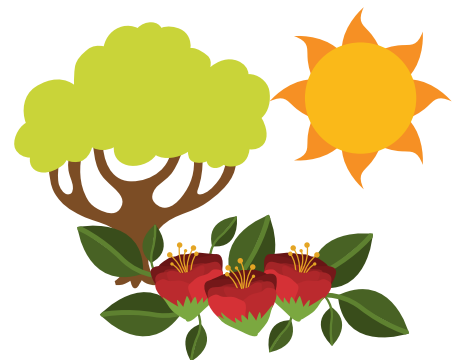





Think about the people you love. Make a list of who they are:

How do they make your life better? How do you feel when you think about them?

Look out a window or go out into your yard or a balcony. Can you hear birds? See the sunshine? See trees or flowers? Make a list of things in nature that you like:





What are your favourite foods? List them here and imagine what they taste like and how you feel when you're eating them?



What are your favourite activities? List them here



Take a minute to feel thankful for these things



Write a thank you letter

TO SOMEONE YOU ARE GRATEFUL FOR

THANK
YOU

Kindness

Did you know that being kind to people not only makes them feel good but makes you feel good too?

Kindness helps our minds stay healthy and helps us to feel happy.

Try some acts of kindness and see what you think!



IF EVERYONE TRIES
TO BE KIND EVERY
DAY, THE WORLD
WILL BE A HAPPIER
PLACE



ACTS OF KINDNESS

Write a note to someone in your family telling them why you love them

Do somebody else's chore for them

Call a relative or friend and ask how they're going

Make someone else's bed for them

Spend time giving attention to a pet

Tidy up the living room

Pick a flower and give it to someone

Give a compliment

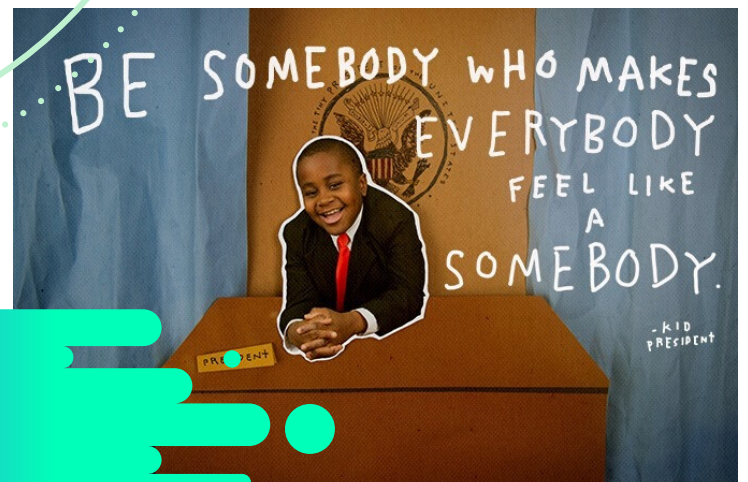
Write a kind message on the footpath in chalk

Leave some water in the garden for the birds

Ask a parent or carer if there are any jobs you could do for them

Tell someone a joke

What other Acts of Kindness can you think of?





How did people feel when you were kind to them?

Why is kindness important?

How did YOU feel when you were kind to people?

How do you feel when someone is kind to you?





TRY TO COMPLETE ONE ACT OF KINDNESS EACH DAY

Tick off the days you completed this!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



SUPPORT FOR PARENTS

PARENT LINE : 1300 1300 52

FAMILY REFERRAL SERVICE : 1800 066 757

MINDSPOT CLINIC: 1800 61 44 34

CHILDMIND.ORG

HEYSIGMUND.COM

BENEVOLENT.ORG.AU

KIDSPOT.COM.AU

RAISINGCHILDREN.NET.AU

**THE SCHOOL COUNSELLING SERVICE IS
STILL AVAILABLE WHILE STUDENTS ARE
WORKING FROM HOME. FEEL FREE TO
CALL THE SCHOOL TO SPEAK TO THE
COUNSELLOR OR MAKE AN APPOINTMENT**