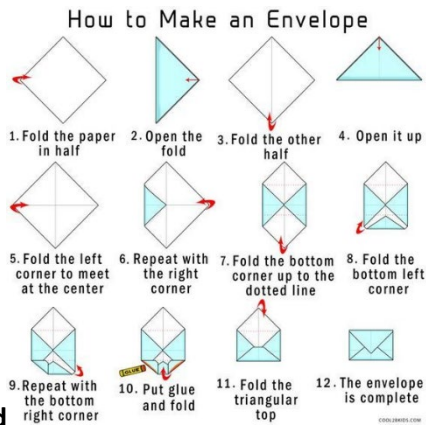


Student Wellbeing

With school holidays being brought forward in Victoria and social distancing being an important part of reducing the risk of COVID-19 it is important that we consider not only the continuity of academic learning from home, but also the emotional and social development of our children. Physical distancing and extended time out of the classroom could be a lonely and isolating time away from friends and classmates for many children. With this in mind, below are a few health and wellbeing activities and websites to provide your children with opportunities to:

- Stay connected
- Keep up a daily routine
- Participate in healthy habits
- Participate in mindful practices
- Be creative!



Stay connected

- **Write a letter to a friend or family member** - this is an easy and simple way to stay connected. It can also be turned into a craft activity if you make and decorate your own envelope. There are lots of 'how to' videos online from easy to more challenging.



Keep up a daily routine

- Keeping up a daily routine helps keep focus and purpose to a day. This can also be a great exercise to involve your child/ren in as a way to build personal skills such as independence, time management and organisation.
- Make a weekly routine template- Click on the following [link](#) or type the following URL into your web browser to access an example weekly routine template <https://docs.google.com/document/d/1B8Y554TjtqJ8a-2swINBI-sVs90tgIrf0TABFpVAtrU/edit>. Younger students could draw a picture in each section, older students could write their own ideas or you could complete it as a family.
- Begin keeping a journal or a diary

Keep up healthy habits

Websites and activities

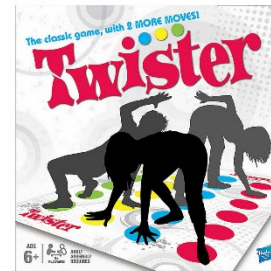
1. Go Noodle

GoNoodle Kids Dancing is an app designed to get kids moving and to reinforce awareness of the positive effects of exercise.

This app can be found in the App Store and the Google Play Store for free download and is suitable for users of all ages. You can also access Go Noodle by clicking on this [link](#) or type the following URL into your web browser www.gonoodle.com.

2. Just Dance

Dance to music and choreography. Just Dance Now App is available. It is a free app, with some in app purchase options.



Alternatively many 'just dance' songs and videos can be accessed via YouTube.

3. Skipping

All you need is a skipping rope and an open space (indoors or outdoors). For lots of ideas on skipping games and activities, click on this [link](#) or type in the following URL into you web browser <https://www.verywellfamily.com/jump-rope-games-1256809>

4. Fitness Monopoly

You will need the example game and a dice available at this [link](#) or type in the following URL into your web browser https://docs.google.com/document/d/1bOpatgZsj7ZdgX39KcFgAnwyZbL_4MUijrCltz7_w_Q/edit.

5. Play a game of Twister.

Participate in mindful practices

Some useful Apps that are all free

- **Stop, Breathe, and Think Kids** - Meditation and mindfulness made easy and fun for kids, to help them discover and develop their superpowers of sleep, being calm, learning to breathe or to resolve conflicts.
- **Smiling Mind**- Smiling Mind is designed to help people cope with pressure, stress, and challenges of daily life. This app has a fantastic section on Mindfulness in the Classroom and is suited for kids ages 7-18.
- **Super Stretch Yoga** - Super Stretch is an educational yoga tool to use and teach the fun of physical activity and breathing to children. They will use the skills of self-awareness, self-esteem and self-regulation.
- **Meditation for kids (Christine Creighton)** - Let your child take a break to relax and breathe and discover how meditation and relaxation music can help find inner peace.

Other useful links

- **Yoga for Kids** - a great way to begin each day. 25min yoga session available at this [link](#) or type the following URL into your web browser <https://www.youtube.com/watch?v=X655B4ISakg>.
- **Yoga for beginners** - 20 Minute Kids Yoga Class with Yoga Ed. | Ages 9-10 available at this [link](#) or type the following URL into your web browser https://www.youtube.com/watch?v=sM5MGLMNN_E
- **Big Life Journal** - engaging resources that help kids develop a growth and resilient mindset so they can face life's challenges with confidence. Click on this [link](#) or type the following URL into your web browser <https://biglifejournal.com/>
- **Plant, Love, Grow** - support tools and resources to assist parents, teachers and health professionals. There are many free resources on this site related to topics such as, anxiety and insecurity, decision making, conflict resolution and feelings and emotions. Click on this [link](#) or type the following URL into your web browser <http://www.plantlovegrow.com/index.html>

Be Creative!

- **Lego** - great for the imagination and for problem solving too!
- **Origami** - Example websites and tutorials available at the following links
 - **Origami Club** <https://en.origami-club.com/>
 - **Origami Way** <https://www.origamiway.com/>
 - **Easy Origami** <https://www.origami-resource-center.com/easy-origami.html>
- **Make a fort** - so much creativity and imagination is used when building the perfect hideaway / cubby.
- **Cook** - bake and create yummy treats together.
- **Plan a scavenger hunt**- lay out some clues to hidden treasures around the house to keep kids busy.
- **Stage a puppet show**- whether you have puppets already or need to make them from brown paper bags, it's easy to get the kids involved in this hands-on activity.

Games to Teach
Social Skills

	Try This Game...	To Teach...
1	Jenga	Self-Control
2	Team Pictionary	Teamwork
3	Chess	Decision-Making
4	Charades	Social Cues
5	Guess Who?	Conversations
6	Candy Land	Turn Taking
7	Scrabble	Flexibility
8	"Feelings" Uno	Emotion

Board Games and Social Skills

The benefits of board games:

- Board games offer opportunities for early learning.
- They get kids' brains buzzing.
- They boost their language skills.
- They sharpen your child's focus.
- They teach the value of teamwork.
- Board games soothe anxiety.
- They show kids how to be a good loser.
- Board games are a great way to unplug.
- Puzzles are a great way to develop focus and grit.

Here are some tips on how to ensure your child's wellbeing is supported:

- Give your children extra attention and reassurance. Where possible, minimise their exposure to media and social media that may heighten anxiety.
- Acknowledge your own feelings about the situation and let children know it's okay to share their own feelings.
- Include your children in plans and activities around the house.

Kids Helpline – for children that may need support 1800 55 1800 <https://kidshelpline.com.au>

Take care of yourself and each other. Hope to see you back at school soon!

Bianca Di Giovanni ~ Student Wellbeing Leader