

Welcome to your Wellbeing Pack!

Suitable age range:

10-12

Inside you will find a selection of wellness resources that you may like to try.

- some activity sheets,
- fun games that you can play with your family, or have a try by yourself
- some fun easy recipes,
- helpful brochures, that you can look at further online,
- conversation starters,
- and some Youtube clips and,
- mindful colouring.

Some of these resources you may have seen before, and others may be new.

All you need is a pen or pencil!

We would love for you to share your work on Google Classrooms – so please take a photo and upload.

From,

Doveton College Student Wellbeing Team.

# All About Me



## My Identity Card

Name: \_\_\_\_\_

Card number 10245976

Date of birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Height: \_\_\_\_\_ cm

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature: \_\_\_\_\_  
\_\_\_\_\_

My picture

### A snapshot of things I like.

foods: \_\_\_\_\_

sports: \_\_\_\_\_

animals: \_\_\_\_\_

TV shows: \_\_\_\_\_

games: \_\_\_\_\_

songs: \_\_\_\_\_

movies: \_\_\_\_\_

My favourite subject: \_\_\_\_\_

Two things I am good at: \_\_\_\_\_  
\_\_\_\_\_

One place I have been that I loved: \_\_\_\_\_  
\_\_\_\_\_

# Self-Care for Families

<p><b>emotional</b></p> <ul style="list-style-type: none"> <li>__ watch a good movie</li> <li>__ write each other positive notes</li> <li>__ verbalize and talk about feelings</li> <li>__ draw self portraits</li> <li>__ Say "I love you"</li> <li>__ spend time writing</li> <li>__ have a sing-a-long</li> <li>__ tell jokes</li> <li>__ try a new craft</li> </ul>	<p><b>physical</b></p> <ul style="list-style-type: none"> <li>__ dance party</li> <li>__ go for a walk</li> <li>__ family bike ride</li> <li>__ take a hike</li> <li>__ play kickball</li> <li>__ tag</li> <li>__ roller skating</li> <li>__ go to the pool</li> <li>__ jump rope</li> <li>__ kids yoga</li> <li>__ wii fit games</li> </ul>	<p><b>spiritual</b></p> <ul style="list-style-type: none"> <li>__ a gratitude list</li> <li>__ go outside</li> <li>__ talk about forgiveness</li> <li>__ write thank you's</li> <li>__ volunteer</li> <li>__ spend time outside or with nature</li> <li>__ practice positive self-talk</li> <li>__ plant a tree</li> </ul>
<p><b>mental</b></p> <ul style="list-style-type: none"> <li>__ read together</li> <li>__ draw or write stories</li> <li>__ kids meditation</li> <li>__ find shapes in clouds</li> <li>__ practice belly breaths</li> <li>__ go on a walk to find new things</li> <li>__ make vision boards</li> <li>__ try Headspace for kids</li> <li>__ create mandalas</li> <li>__ make mindfulness jars</li> <li>__ play mind strength games like memory</li> </ul>	<p><b>practical</b></p> <ul style="list-style-type: none"> <li>__ clean up</li> <li>__ declutter old toys</li> <li>__ assign chores</li> <li>__ make a grocery list together</li> <li>__ learn about money</li> <li>__ make a weekly budget check-in</li> <li>__ make a weekly cleaning check-in</li> <li>__ homework/study</li> <li>__ have a morning &amp; night routine</li> </ul>	<p><b>social</b></p> <ul style="list-style-type: none"> <li>__ play in the park</li> <li>__ call or visit relatives</li> <li>__ have family dinner</li> <li>__ play board games</li> <li>__ host a sleepover</li> <li>__ invite friends over</li> <li>__ plan a bbq</li> <li>__ join a team</li> <li>__ do a neighborhood food drive</li> <li>__ have talks about friendship and how to be a friend.</li> </ul>

*just stay curious*



YouTube Video Resources:

Resilience:

<https://youtu.be/HU3DsJ5aNZw>

Losing control of our emotions:

<https://www.youtube.com/watch?v=3bKuoH8CkFc>

Just breathe:

<https://www.youtube.com/watch?v=RVA2N6tX2cg>

Ripple Effect of Kindness:

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

Responding to Bullying Behaviour (for older kids):

<https://www.brooksgibbs.com/p/320396>

Have you filled a bucket today?

<https://www.youtube.com/watch?v=p2r9pAd4bE8>

Warm Fuzzy Story (for younger kids):

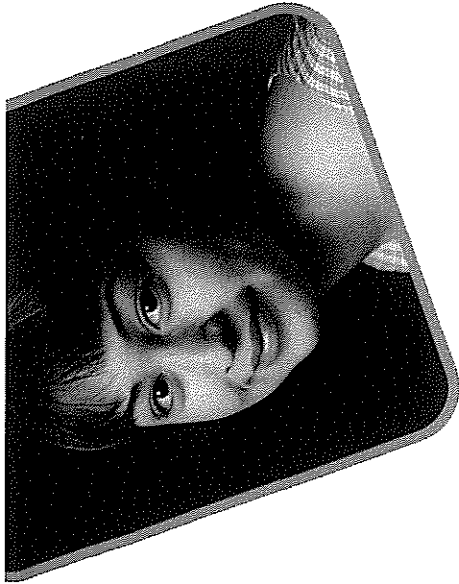
<https://www.youtube.com/watch?v=dcTt2AGPTu4>

Gratitude:

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

Empathy (for younger kids):

<https://vimeopro.com/wondergrove/empathy/video/106649118>



### How does online counselling work?

Visit [www.kidshelp.com.au](http://www.kidshelp.com.au) and follow the links to email and web counselling.

Email counselling is available:

- ▶ 24 hours a day
- ▶ 7 days a week.

Web counselling is available:

- ▶ 12pm to 10pm\* - Monday to Friday
- ▶ 10am to 10pm\* - Saturday and Sunday.

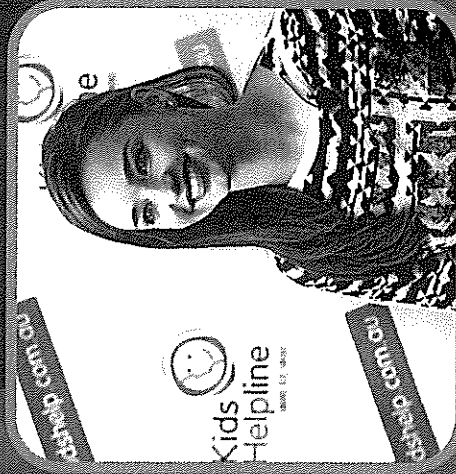
EST.

Any time.  
Any reason.

[www.kidshelp.com.au](http://www.kidshelp.com.au)

No problem is too big or too small.  
For 24/7 help, contact us at:

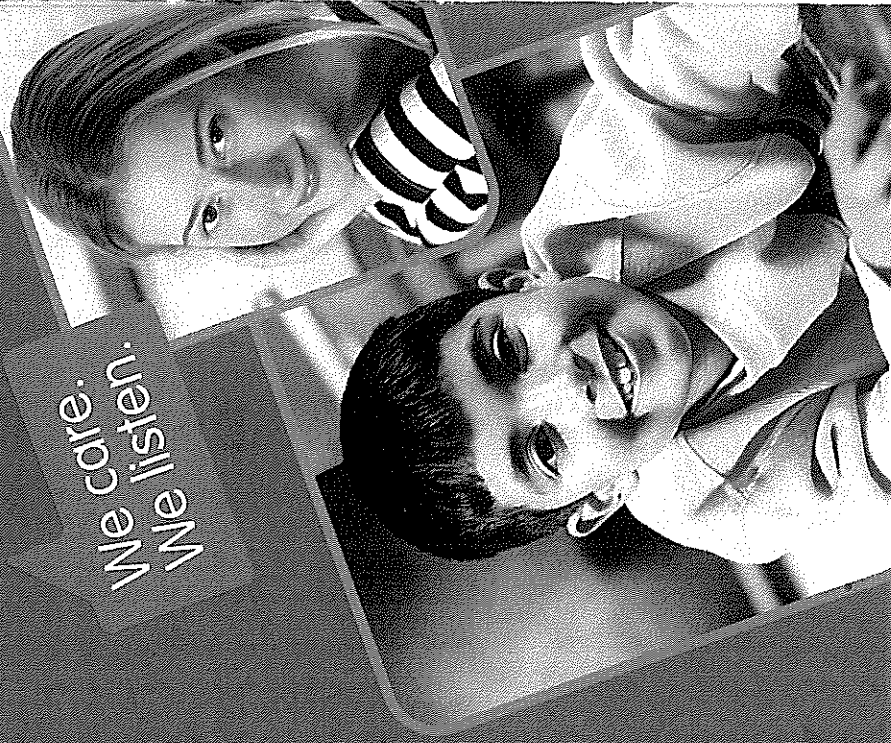
**1800 55 1800**  
**[www.kidshelp.com.au](http://www.kidshelp.com.au)**



*"There is someone there to listen"*

Miranda Kerr - Ambassador for Kids Helpline

We care.  
We listen.



For more information about our services:

Phone: 07 3369 1588

Fax: 07 3367 1266

Email: [admin@kidshelp.com.au](mailto:admin@kidshelp.com.au)

Mail: GPO Box 2469 Brisbane QLD 4001

 Kids Helpline is a  
service of BoysTown

 Kids  
Helpline

KHLB-1013



**Kids  
Helpline**

1800 55 1800

**We care.  
We listen.**

**1800 55 1800**

### ***What is Kids Helpline?***

Kids Helpline is Australia's only:

- FREE
- Confidential\*
- Private
- 24/7

telephone and online counselling service  
**specifically for young people aged between  
5 and 25 years.**

**1800 55 1800**

**[www.kidshelp.com.au](http://www.kidshelp.com.au)**

\* Duty of care obligations apply.

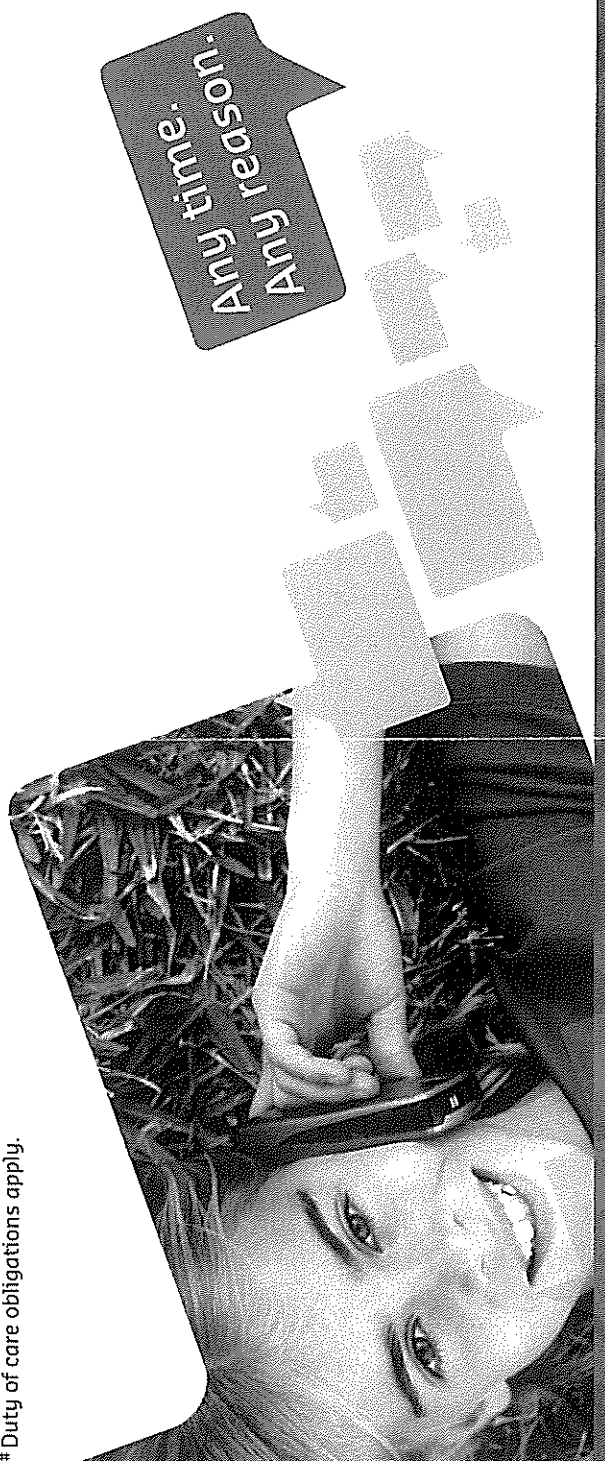
### ***Who's there to help?***

Our counsellors are tertiary qualified professionals who undergo additional specialised training at Kids Helpline.

### ***How can we help?***

We work with young people to develop strategies and skills that enable them to more effectively manage their own lives. We can chat about anything, including:

- relationships with mum, dad, a boyfriend or girlfriend
- a friend who needs help
- school or study worries
- feelings of anger, sadness or confusion
- physical and sexual abuse; and
- alcohol and drug abuse issues.



### ***Kids Helpline @ School***

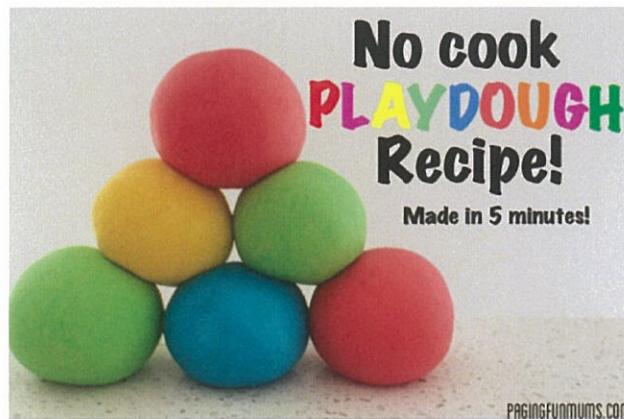
Kids Helpline @ School, supported by Optus, offers primary schools the chance to have a video or phone link classroom session with a Kids Helpline Counsellor.

Topics in these sessions include:

- feeling sad
- staying safe online
- bullying
- worry
- transitioning to high school
- making friends; and
- family fights.

For more information or to book a session, please visit our website or email [school@kidshelp.com.au](mailto:school@kidshelp.com.au)





## No cook playdough recipe

<https://pagingfunmums.com/2013/09/06/no-cook-playdough-recipe-made-in-5-minutes/>

### Ingredients

**1.5 cups of flour**

**1/2 cup of salt**

**2 tbs of cream of tartar**

**1 tbs of oil**

**Food colouring**

**1 cup of boiling water**

### Directions

Mix all ingredients except the boiling water together into a large mixing bowl

Add the boiling water and mix well (Note, the food colouring will mix in better if added to the boiling water) Please take care when using boiling water around children.

Stir well until the mixture is well combined

Roll it out on a flat surface and you are ready for some playdough FUN!



Bubble Mix

<https://rainydaymum.co.uk/bubble-mix-just-like-your-mom-made/>

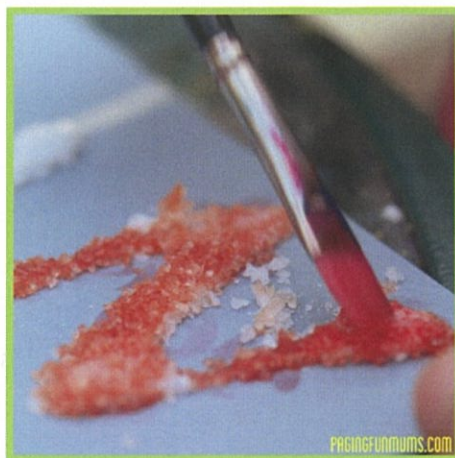
## **INGREDIENTS**

- 2 cups Washing Up Liquid
- 1 tsp Glycerine or Cooking Oil
- 1 cup Water

## **INSTRUCTIONS**

- Using a large jar, pour lots of washing up liquid in - we use fairy but it really doesn't matter what the make
- Add in a little water so it's a strong mix and give it a stir.
- To the mix add 1 tablespoon of glycerine or cooking oil - we have been using out of date glycerine cough mixture and last year used cooking oil and the bubble worked great both times. The glycerine or cooking oil makes the bubble mix stronger and the bubble less likely to burst
- Using what ever bubble wands you have go out and blow bubbles and when the jar is empty - a quick trip to the kitchen and you've got more mix within seconds.





## Magical Salt Painting

<https://pacingfunmums.com/category/kids-craft/>

### What you'll need

- Paper or Card (Black paper looks great as well)
- Water colours, or simply add some food colouring to some water.
- PVA craft glue
- Salt

### Directions

Squeeze a pattern using the glue and then sprinkle the salt over the top.

Allow the glue to dry before dropping small amounts of water colours onto the lines.

The salt will absorb the paint and make it appear like the paint is magically spreading across the artwork!

Such a fun art project with a twist.



## **BANANA, HONEY AND SULTANA WRAPS**

<https://www.taste.com.au/recipes/banana-honey-sultana-wraps/242e21fc-9fd3-4c6b-8f0c-f0c075045279>

### **INGREDIENTS**

- 2 mini tortillas
- 1 tablespoon fresh ricotta
- 1 small banana, thinly sliced diagonally
- 1 tablespoon sultanas
- 1 teaspoon honey

### **METHOD**

Place tortillas on a clean work surface. Spread ricotta over each tortilla. Top each tortilla with banana. Sprinkle with sultanas. Drizzle over honey. Roll up firmly to enclose the filling. Serve

<https://www.kidspot.com.au/kitchen/galleries/fun-food-help-you-survive-school-holidays/vz7zamue?page=13>



## Frozen Yoghurt Bites

### **Ingredients**

- 30 g honey
- 300 ml plain yoghurt
- fruit of your choice

### **Method**

- Blend yoghurt and honey together.
- Blend each fruit separately.
- Mix the yoghurt and honey blend with each fruit blend.
- Scoop the combined mix into an icy-pole mold or ice cube tray and put a wooden stick in each.
- Freeze until ready to eat.



## Homemade Apple Chips

### **Ingredients**

- 4 gala apples
- Cinnamon

### **Method**

Preheat oven to 150°C fan-forced. Line two baking trays with baking paper and set aside. Using an apple corer, remove the apple cores. Slice into 2mm slices and lay on the baking trays. Sprinkle with cinnamon.

Bake for 2 hours, stopping after the first hour to turn the slices over. Cool on wire racks. Store in an airtight container when cooled.





## Cheese & Vegemite Scrolls

<https://www.woolworths.com.au/Shop/RecipeDetail/633/cheese-vegemite-scrolls>

### **Ingredients**

- 2 cups self raising flour
- 3/4 cup milk
- 1 cup grated Tasty Cheese
- 50g butter, chopped
- 1 tbs Vegemite, warmed

### **Method**

1. Preheat oven to 200°C. Line a baking tray with woolworths select baking paper. Sift flour into a bowl. Add butter and using your fingertips, rub into flour until well combined. Make a well in the centre.

2. Pour milk in the centre. Using a spatula, stir until mixture is almost combined. Use your hands to gather the dough into a ball. Knead gently on a lightly floured surface until smooth. Roll out dough to a 24cm x 36cm rectangle.

3. Spread vegemite over dough then sprinkle with cheese. Roll up dough and cut into 12 slices. Place scrolls onto the baking tray, close together and with the tail ends facing towards the centre. Bake for 20 minutes until golden.

### **Tip:**

To warm vegemite, measure the amount into a small bowl or cup and then stand in a slightly larger bowl of hot water until spreadable.



# Self-Reflection



Reflecting on the goals you have reached, or struggled to reach, can help you see what your strengths are and what challenges you face.



My goal was:

too easy.

just right.

very hard.

Did you reach your goal? ☐ yes ☐ no

Did you ask for help to reach your goal? ☐ yes ☐ no

Circle how you feel about the amount of effort you put in.



very happy



happy



okay



not good

What challenges did you face while working towards your goal?

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How did you overcome these challenges?

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Could you have responded to the challenges in a better way?

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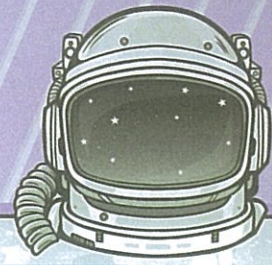
What is something you did well while working towards your goal?

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# Spreading Kindness



To be kind, you must show that you are:

## Generous

You give without wanting anything in return, e.g. sharing your sandwich with a friend who forgot their lunch.

## Friendly

You are nice, polite and respectful to others, e.g. using good manners when people are talking to you.

## Considerate

You think about the needs of others, e.g. giving your seat on the bus to a pregnant or elderly person.

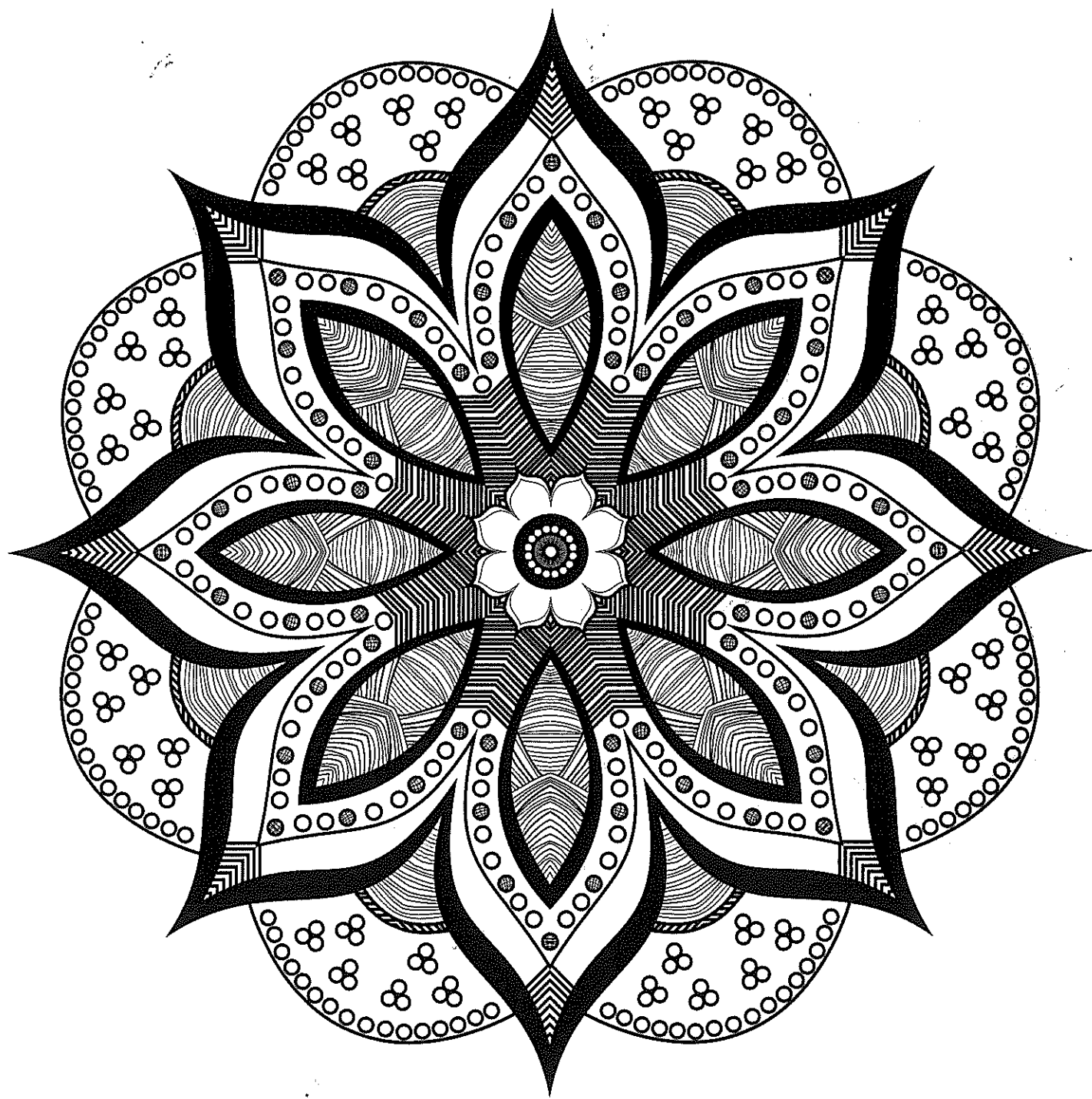
Think of some kind things that have been done for you in the past. Write them below.

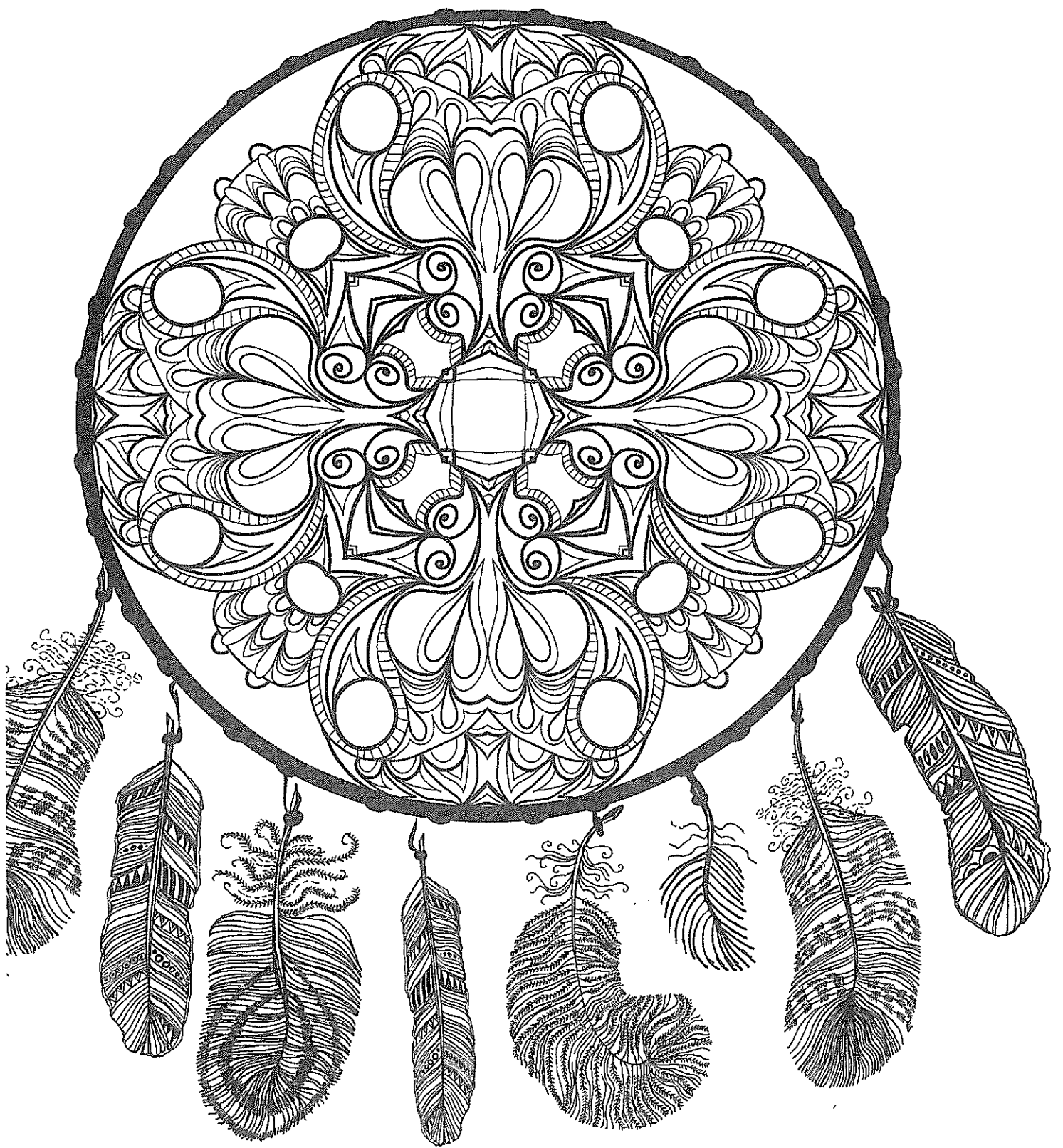
Describe the last time you displayed kindness towards someone.

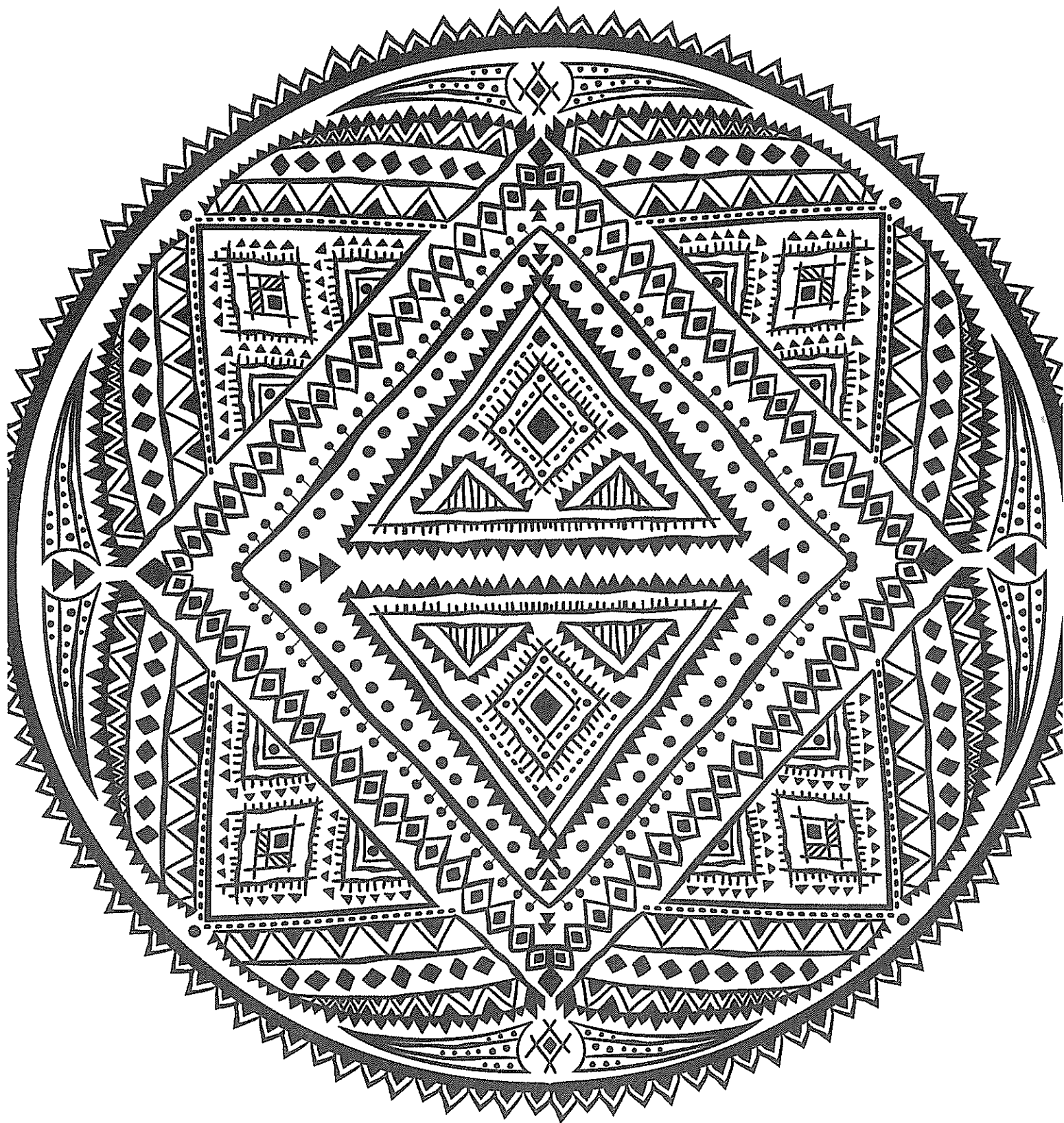
Think of all the different ways you can spread kindness at home, at school and in the community. Write your ideas below.



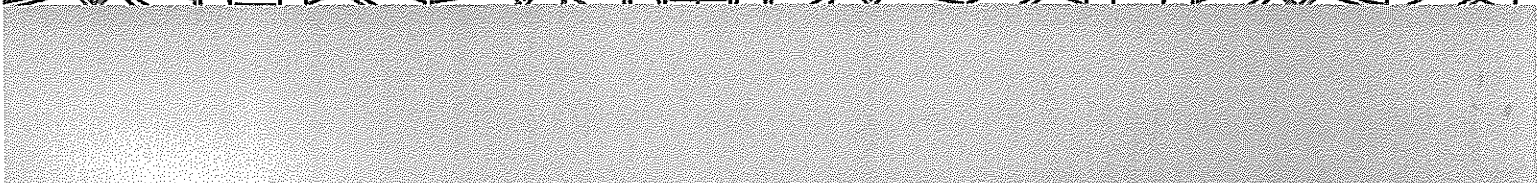
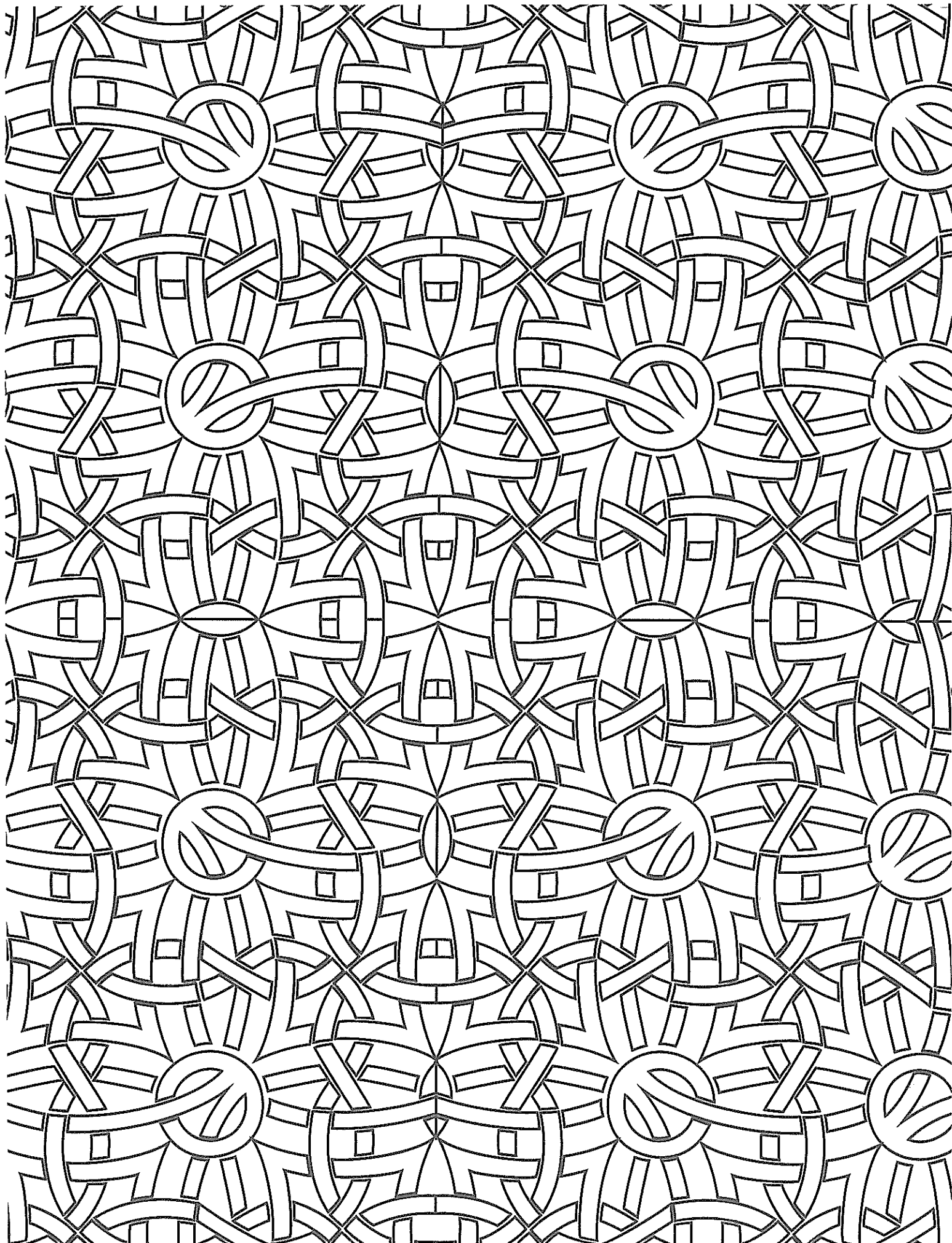












Name: \_\_\_\_\_

## Positive Affirmations

H M V H B R A N R Y B Z Y P X O X N T D Q I R X  
C R A Z V J A C P S W E E A M Q U H A P P Y C S  
F F R Z H S J F H O R H P G K E U V U U B D D L  
I T P W Q W H C A D M I R E D P I B D P F J A A  
V C J M E A N I N G F U L V U G F D G U L L L H  
W B S G H A N D S O M E T O M W S T R O N G Z N  
W E C V Q L H R G K N D G L Q L K A K O L V W S  
V A O X X E L W I K R L E Y J F L V R M J A C A  
S U M T X H R Z X P R G E N E R O U S E C L F D  
C T P X U F U N N Y U J M B K L W U O G X U C T  
R I A G L X F S I N D E P E N D E N T X H A L P  
E F S Y O H E Y S E F I M J J U W U W L S B E I  
A U S W V J L E A D E R X W K Y T E I M J L V X  
T L I G I B C B X P F P A U S M D P M J E E E C  
I V O O N U A S R K C O U Q A U X T A E S N R E  
V M N O G A R B E D R S M A R T I S G O B X T I  
E H A D Q C I N Z W E I L P I H T J I B R H Z D  
S I T B J L N T P C L T K I T R P E N C A V J L  
L C E I U R G J S B I I S K C Y Z H A Z V B N A  
P K Z G K J F X B Y A V F G W C F M T R E E C K  
D C G U H D U T S W B E X B S O K D I Z U W W R  
R V G O W M V V E G L E R Y W X M C V E O E O G  
C O N F I D E N T G E M H W M O L T E Y J G W F  
Z V R G U W P F R I E N D L Y W O N D E R F U L

WONDERFUL

VALUABLE

STRONG

SMART

RELIABLE

POSITIVE

MEANINGFUL

LOVING

LEADER

INDEPENDENT

IMAGINATIVE

HAPPY

HANDSOME

GOOD

GENEROUS

FUNNY

FRIENDLY

CREATIVE

CONFIDENT

COMPASSIONATE

CLEVER

CARING

BRAVE

BEAUTIFUL

ADMIRE

10 THINGS THAT  
make me  
Smile!

1. \_\_\_\_\_

6. \_\_\_\_\_

2. \_\_\_\_\_

7. \_\_\_\_\_

3. \_\_\_\_\_

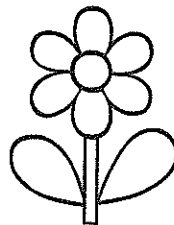
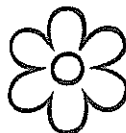
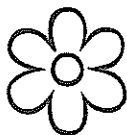
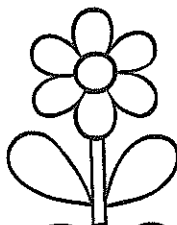
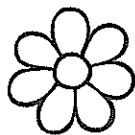
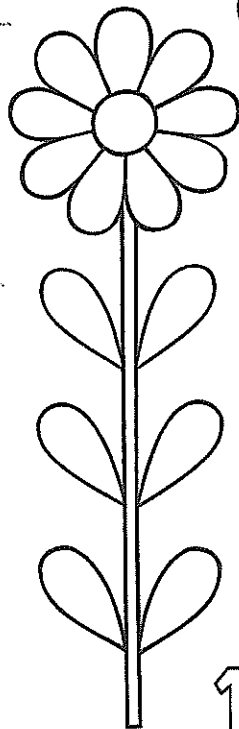
8. \_\_\_\_\_

4. \_\_\_\_\_

9. \_\_\_\_\_

5. \_\_\_\_\_

10. \_\_\_\_\_





Start

Happy

Sad

Happy

Sad

Happy

Sad

Happy

Sad

Happy

Sad

Happy

## 4. Simple Board Game

### What resources do I need?

You need a piece of cardboard or paper (it can sometimes be useful to have a prepared and laminated one for repeated use), dice and two counters.

### What do I do?

The board should have squares around the outside like a 'Monopoly' board. There should be a "start" square and then each square should alternate with either "like" and "dislike" or "happy" and "sad".

Show the board to the child and choose who is going to go first.

When a player lands on a square, they should give an example of something that they like or dislike or makes them feel happy or sad (depending on which version

you are using). A more complex version can be devised with a greater range of emotions (with things that makes you angry, disappointed, embarrassed etc).

It is important that you and the child play and give examples together. As the child gives examples, make sure you ask follow-up questions such as why, how and so on.

### What am I looking for?

This is most useful as a relationship-building tool; however, think about whether it is easier for the child to give examples for one emotion over another (i.e. angry over happy). Compare the examples they give with what the majority of children might feel about them.



## My Future

What I would like for my future...

How I feel about my future?

worried

confused

happy

lonely

excited

angry

scared

OK

giddy

fed up

pressured





# This is how I see myself

(If 0 means you strongly disagree and 5 means you strongly agree... where are you on the scale?)



	Strongly disagree					Strongly agree				
Kind	0	1	2	3	4	5				
Popular	0	1	2	3	4	5				
Reliable	0	1	2	3	4	5				
Helpful	0	1	2	3	4	5				
Generous	0	1	2	3	4	5				
Funny	0	1	2	3	4	5				
Honest	0	1	2	3	4	5				

	Strongly disagree					Strongly agree				
Noisy	0	1	2	3	4	5				
Friendly	0	1	2	3	4	5				
Shy	0	1	2	3	4	5				
Hardworking	0	1	2	3	4	5				
Easy to talk to	0	1	2	3	4	5				
I know my own mind	0	1	2	3	4	5				
Sensible	0	1	2	3	4	5				
Mature	0	1	2	3	4	5				
I like myself	0	1	2	3	4	5				
I get along with people	0	1	2	3	4	5				
Intelligent	0	1	2	3	4	5				
Happy	0	1	2	3	4	5				

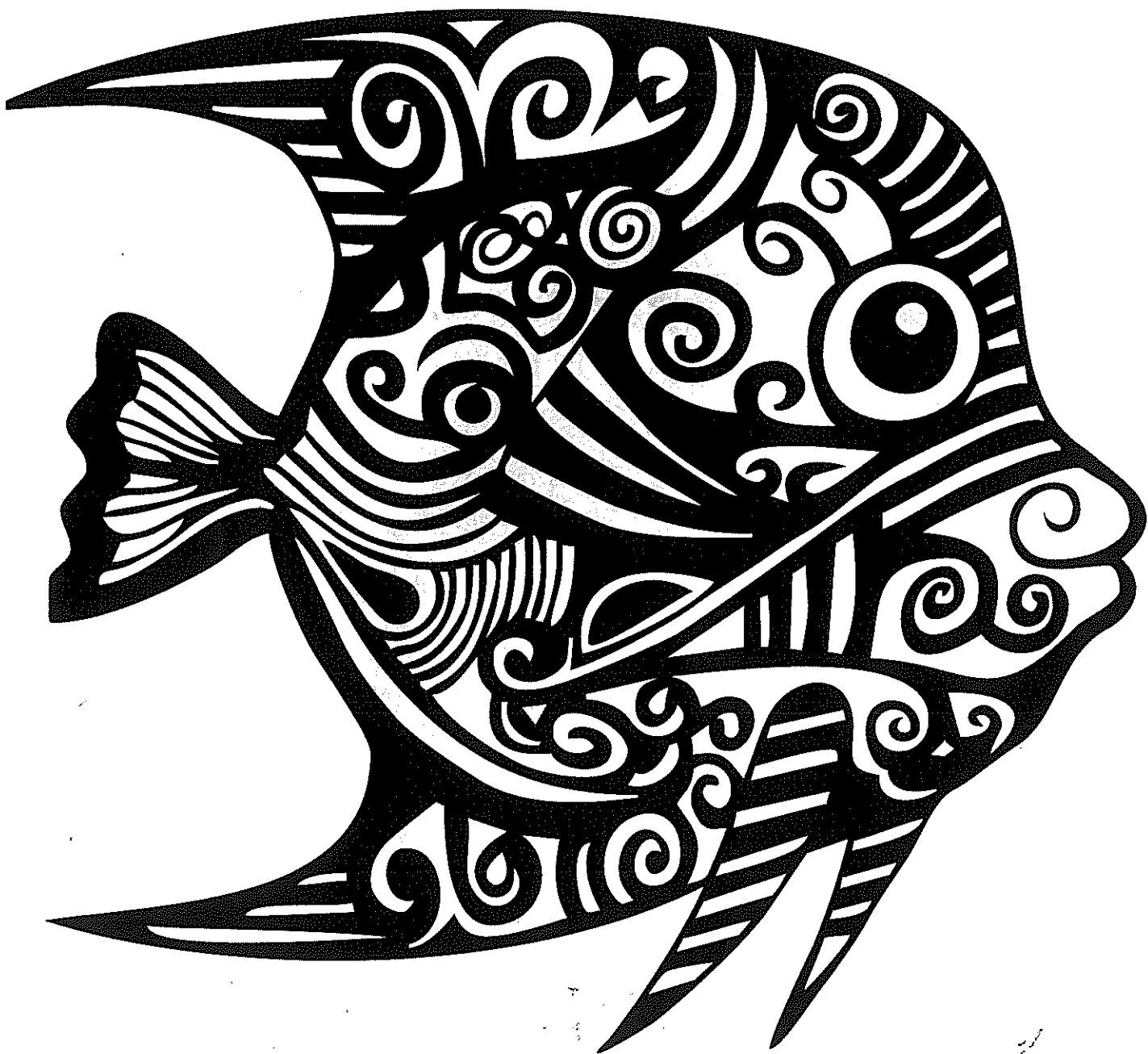


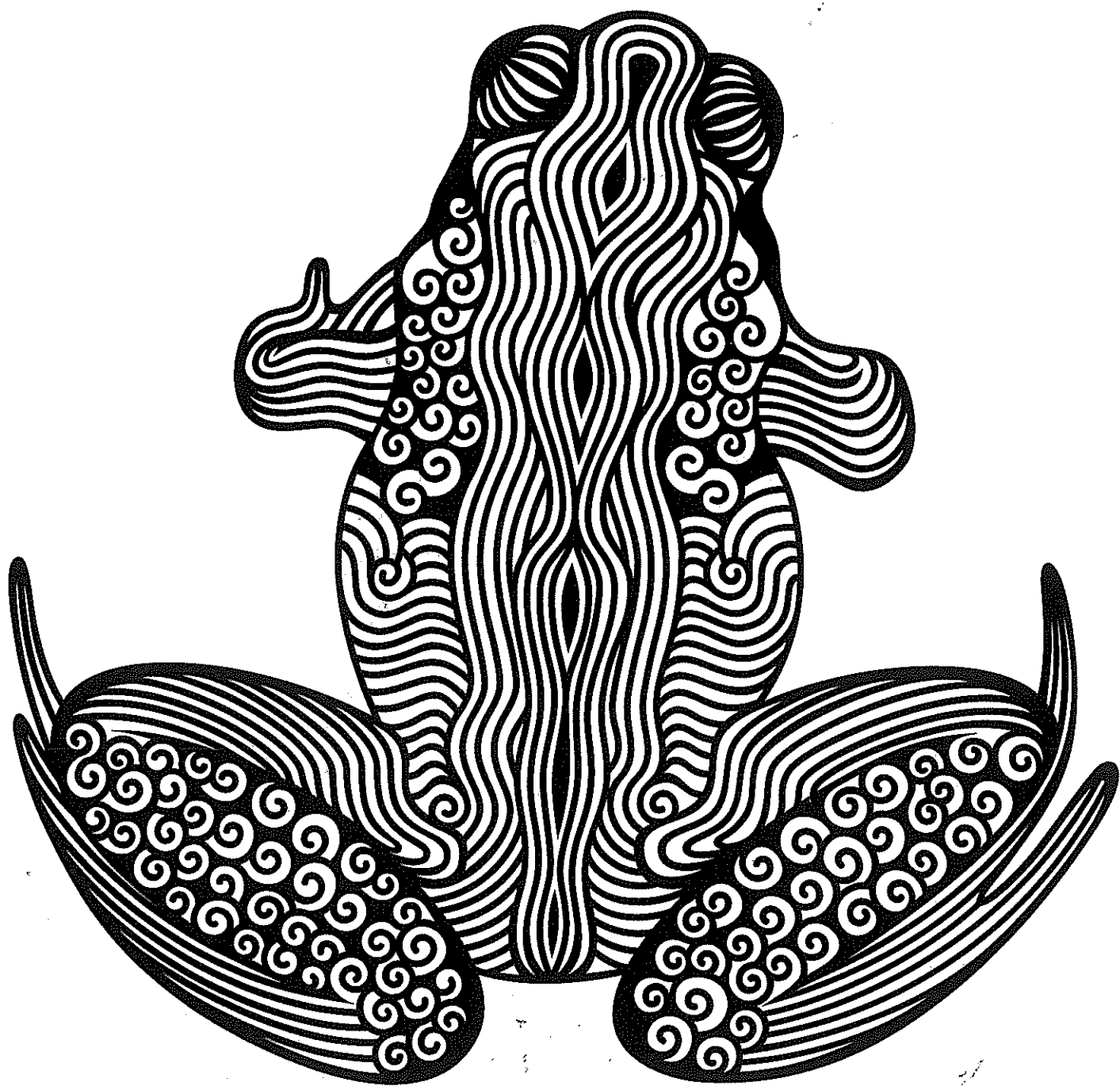


## MANDALAS

### DE-ESCALATE AND SELF REGULATE









Kind	Lies	Polite
Compliment People	Caring	Rude
Friendly	Pushes, Kicks, Shoves people	Helpful
Honest	Shares with others	Don't Listen
Selfish	Cleans Up	Follows the Rules
Uses Mean Words	Respects Others	Plays with Others
Listens to Others	Cuts in Line	Fights
Is a Hard Worker	Says Thank you and Please	Disrespectful

Watch:

<https://www.youtube.com/watch?v=3EuemNAo6XE>

Have you filled a bucket today?

Are these words Bucket Fillers or Bucket Dippers?

Cut them out and glue them down on the side of the page where they belong

## My Strengths and Qualities

Things I am good at:	Compliments I have received:
1	1
2	2
3	3
What I like about my appearance:	Challenges I have overcome:
1	1
2	2
3	3
I've helped others by:	Things that make me unique:
1	1
2	2
3	3
What I value the most:	Times I've made others happy:
1	1
2	2
3	3

## Ideas For Activities You Might Like To Try...

### MAKE FEELINGS BISCUITS!



1. Buy a packet of plain biscuits and some pebbles or little sweets.
2. Mix up some icing using icing sugar and a little water - don't let it get too runny!
3. Add some food colouring - just a drop or two - to make different coloured icing if you like.
4. Cut a tiny corner off a small plastic bag. Using a spoon, fill the bag with the icing and squeeze it out the hole. Decorate the biscuits by icing on faces that are feeling all sorts of things! Happy, sad, angry, grumpy, scared, surprised or anything else you can think of!
5. Use the sweets for eyes and noses if you like.
6. Sprinkle coconut onto the icing for hair or beards or moustaches!
7. Now eat some feelings!!!

### AN OUTSIDE ART GALLERY!

1. Buy some thick coloured chalk.
2. Ask if you're allowed to use a path outside around your house, and draw yourself, or write your name, or draw anything you like in full colour! Your own personal outside art gallery!
3. Remember, if it rains it'll wash away!

### WRITE A JOURNAL...



1. Get a notebook or a scrapbook and a pen or pencil you like.
2. When you want to, write or draw what you're thinking or feeling or anything you like - true stories, made up stories, poems, questions, letters, thoughts...whatever you like.
3. Put the date by each thing you put in your journal.
4. You could go page by page, or just write on any page you like.
5. Maybe you could add art by drawing illustrations, sketches, doodles, or adding photos or pasting in cut out pictures.
6. Cover your journal with special paper or your own art work if you feel like it.
7. Keep it somewhere safe and enjoy reading it every now and then.
8. Only show others if you want to - it's your private writing book...



## MAKE AN ANGER WALL



1. Choose a safe wall outside, or a strong fence (or perhaps an inside wall down a hall, but ask permission first).
2. Screw up balls of old newspaper or paper from old magazines.
3. On your wall tape up a list or some drawings of what it is that's making you feel really angry.
4. Now stand back and throw the paper balls really hard at the wall - especially at the list or the pictures there.
5. Keep going until you feel those angry feelings coming out!
6. To clean up, get a bin and then throw the screwed up paper balls into it from where they have landed! Give yourself 5 points for every paper ball that gets in the bin first throw!



## MAKE A FEELINGS FACES SCRAPBOOK

1. Get a scrapbook or old school book.
2. Cut out pictures from papers or magazines that show people's feelings.
3. You could use old photos too - or draw your own people!
4. Beneath each one write the feelings or thoughts you think they show.



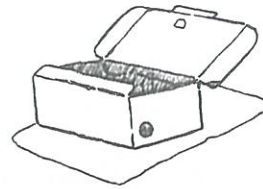
## MAKE A FEELINGS MURAL



1. Choose a big wall - in your room or down your hall - and get a roll of paper. Or, if you like, just join bits of paper together or use the backside of some old wallpaper.
2. Put the paper up on the wall - perhaps ask an adult to help.
3. When you want to, write or draw how you're feeling and date it. Add to the mural anytime you like.
4. You might like to ask your family or friends to add to it as well.
5. Add pictures of feelings if you like - cut outs or drawings.
6. Before you know it you'll be able to see how many different feelings you can have - and others can have.



## A MEMORY BOX



1. Find a shoebox or another small box and decorate it as you like - perhaps sticking on pictures, coloured wrapping paper or stickers.
2. Think about who you'd like to remember. Write or stick their name on the box somewhere.
3. Find things that remind you of that person. It might be a photo or a picture of them you've drawn. It could be a shiny marble that reminds you of their big shiny smile. It could be something that belonged to them, or that they gave you.
4. You could put some stories you've written about them into the box.
5. You could add anything at all that helps you remember them. For example, a little model car to remember car rides, a postcard of somewhere to remember holidays, a stone off a favourite beach you visited with them, and so on.

## MAKE YOUR OWN "COOL STUFF" MOBILE



1. Get an old coathanger, string or thread, cardboard, scissors, felt pens, glue, and pictures of COOL STUFF you really like (you can get these from old photos, magazine or newspaper cut outs, postcards, cards, your own pictures).
2. First, choose the pictures of the COOL STUFF you want for your mobile. Cut them out.
3. Stick them with glue onto squares of cardboard (about 15 cm square). You could use card from old cereal packets. You'll need at least 6 squares.
4. Stick pictures on both sides of the cardboard so you can see the pictures whatever way the card is showing.
5. Put a small hole in the top of each square. Use a hole punch if you have one.
6. Thread different lengths of string or thread through each one, then tie each one to the coat hanger, at different levels.
7. Hang your new mobile from your bedroom ceiling with an adult's help. It will now remind you of lots of COOL STUFF you really like in your world!