

Welcome to your Wellbeing Pack!

Suitable age range: *Ages 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: ____ / ____ / ____

My picture

Height: _____ cm

Address: _____

Signature:

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:

Coping with Unpleasant Emotions



When you feel unpleasant emotions such as anger, jealousy or stress, it is important to use positive coping strategies to gently bring yourself back to a calm state.

Some Positive Coping Strategies



Conscious breathing

Count for four seconds as you breathe in through your nose, then hold your breath for two seconds before breathing out slowly through your mouth. Continue until you feel calmer.



Shift your focus

Do something you enjoy that calms you down and takes your focus away from the unpleasant emotions. This may include playing with a pet, reading or spending time with loved ones.



Positive self-talk

When something goes wrong it is easy to use self-talk in the form of self-blame. This can cause you to exaggerate a problem in your mind. Instead, list the positives.



Exercise

Exercise releases a chemical in your body that can lift your mood.

Get organised

Make a to-do-list, or tidy up the environment that is contributing to your unpleasant emotions.



Use humour

Humour can force us to look at situations in a different way. Try to see the funny side of life's mishaps.



Ask for help and support

Think of a parent, friend or teacher you trust and ask them for help and support. No problem is ever so bad that you can't share it.

What are some coping strategies that you use that are not listed above?

Yoga



Yoga is a discipline that is made up of a series of poses. It originated in India thousands of years ago. Today, millions of people around the world still practise yoga regularly as there are many health benefits including increased mindfulness, strength, flexibility, balance and signs of reduced stress.

Try each of these yoga poses in a quiet, calming space.



cobra

Keep your palms, hips and thighs on the ground while you push yourself up from the hips using your arms. Keep your neck long while pushing your shoulders down, away from your ears.



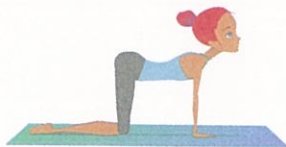
downward-facing dog

Palms are flat on the ground and the tailbone is pushed towards the sky. Keep legs straight while you bring your chest as close to your thighs as possible.



tree pose

Stand with your feet together. Bring the right foot up and rest it on your left thigh. Press your hands together in front of you, or extend them above your head. Swap legs after a minute or so.



cow and cat

Kneel on hands and knees. Ensure hands are directly below shoulders. Cow: As you inhale, look towards the sky and push your belly towards the ground to create an arch. Cat: Exhale and round your spine towards the sky, with head released towards the floor.



warrior II

Start with your feet wide apart. Keep your torso tall as you turn your left foot 90°. Draw shoulder blades towards each other as you lift your arms parallel to the ground. Bend left knee so it is directly above the foot below. Turn your head to the left so your gaze is over your middle finger. Swap sides after a minute or so.



savasana

If you like, you can close your eyes for this one. Lie on your back with your legs straight and your arms by your side, palms facing the sky. Try to relax every part of your body and allow your feet to drop naturally. Focus on your body and your breathing.

Fixed Mindset vs. Growth Mindset



Your mindset is a collection of thoughts and beliefs that govern your attitude, your outlook on life, your actions or responses, and the way you think about yourself. Anybody can change their mindset if they want to. Your mindset may not change overnight, but it can shift if you continuously practise changing your thoughts from fixed to growth.

Someone with a Fixed Mindset:



Someone with a Growth Mindset:

- ★ believes their intelligence and skills are fixed
- ★ gives up easily
- ★ fears challenges
- ★ takes feedback personally
- ★ feels threatened by the success of other people
- ★ fears they will sound dumb if they ask lots of questions
- ★ believes they can do little to change a situation

- ★ believes their intelligence and skill set can grow
- ★ welcomes feedback
- ★ believes anything is possible if they work hard
- ★ looks for ways around challenges and setbacks
- ★ feels inspired by the success of others
- ★ asks lots of questions to help them better understand a situation

Tick whether each quote is an example of a fixed mindset or growth mindset.

	Fixed	Growth
I will research how to do that!		
I can't believe she said my writing needed fixing.		
Could you please explain that further?		
I need to work hard to achieve success.		
I am not smart enough to do what they are doing.		

Describe two situations where you could use a growth mindset.

Being Mindful



Practising mindfulness means you are focused, which helps you when performing tasks. Being mindful shows an awareness of who you are, where you are and what you are doing. And the best part? Anyone can do it!



It would be good to be mindful when:

Describe the last time you acted mindfully.

sleep and young people

putting the myths to rest

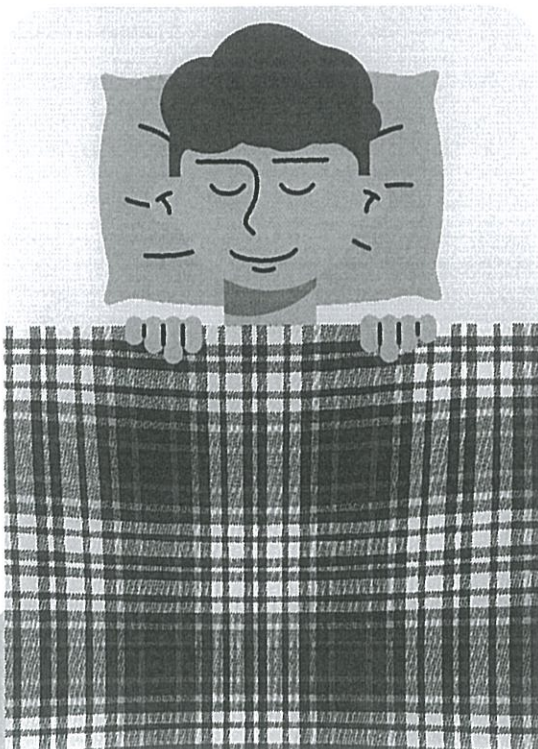
Sleep is really important for health and wellbeing. This mythbuster explores some common myths around sleep, using research evidence. It also provides an overview of sleep difficulties experienced by young people. This resource is intended for young people, their families and friends, and health professionals.

Why do we sleep?

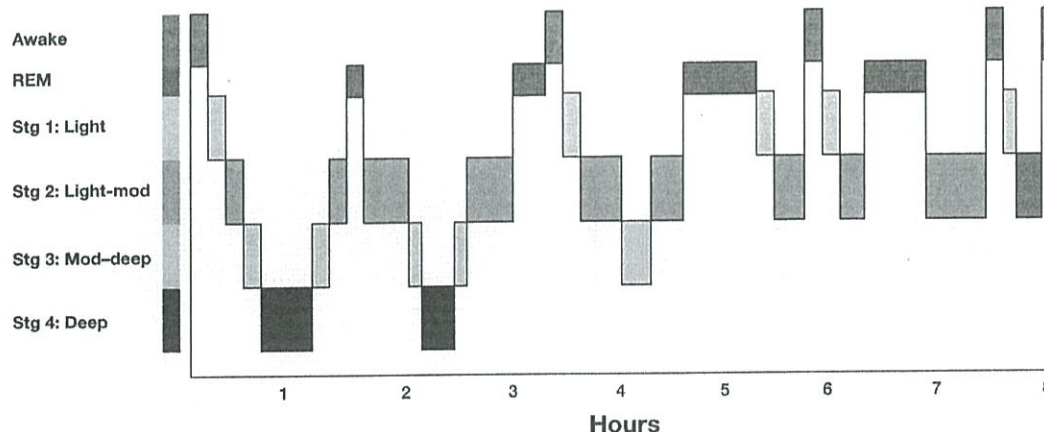
We tend to think of sleep as a time when the mind and body shut down, but they are actually performing many vital tasks during sleep.

Two biological processes cause us to sleep: sleep pressure and our body clock (circadian rhythm). Sleep pressure is a biological response that makes us want to go to sleep. From the moment we wake up, sleep pressure begins to gradually increase the longer we are awake.¹

Our body clock is on roughly a 24-hour cycle. This cycle is coordinated by the pathways from our eyes to our brain that detect light and dark (i.e. day and night). In the evening, our bodies release the hormone melatonin, which prepares the body for sleep. We also experience a small drop in body temperature.² Both of these help to keep us asleep across the night. The way that sleep pressure and the body clock work together means that sleeping at night and being awake during the day promotes both optimal sleep and functioning.³



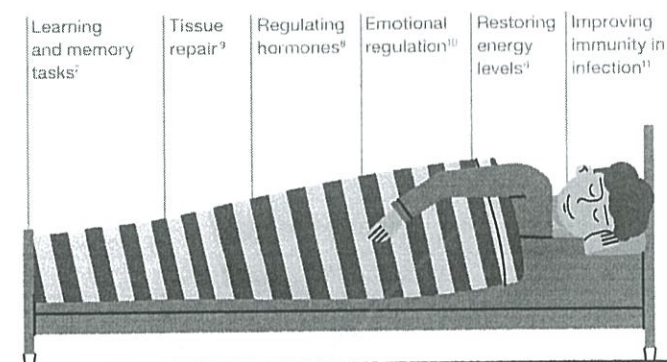
Sleep stage



What happens when we sleep?

We cycle through two types of sleep each night: non-rapid eye movement (N-REM) and rapid eye movement (REM).⁴ The reason why our sleep is divided into these two separate types is not fully understood, but they appear to provide different functions.⁵ As seen in the chart, N-REM sleep has four 'deepening stages' of sleep from Stage 1–4.

In REM sleep, during which we are more likely to experience dreams, our brain is as active as when we are awake. The amount of REM sleep increases in the second half of the sleep period, so 7–9 hours of sleep (or more for teenagers aged 12–17) is ideally needed in order to have the right balance of REM and N-REM sleep.⁶



How much sleep do young people need?

The U.S. National Sleep Foundation has provided guidelines for the recommended amount of sleep.⁶

	Recommended	May be appropriate	Not recommended
School age children 6–13 years	9–11 hours	7–12 hours	Less than 7 hours More than 12 hours
Teenagers 14–17 years	8–10 hours	7–11 hours	Less than 7 hours More than 11 hours
Young adults 18–25 years	7–9 hours	6–11 hours	Less than 6 hours More than 11 hours

So how much sleep are young people actually getting?

A recent review found that teenagers (14–17 years) in Australia were sleeping 6.5–7.5 hours on school nights, with young adults (18–24 year olds) only getting the minimal requirements during the working week.¹² Conversely, young people are gaining more sleep when they have fewer early morning commitments, like on weekends.¹³

[Find a centre](#)[Emergency assistance](#)

Welcome to eheadspace

[Skip to main content](#)

eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. If you're based in Australia and going through a tough time, eheadspace can help.

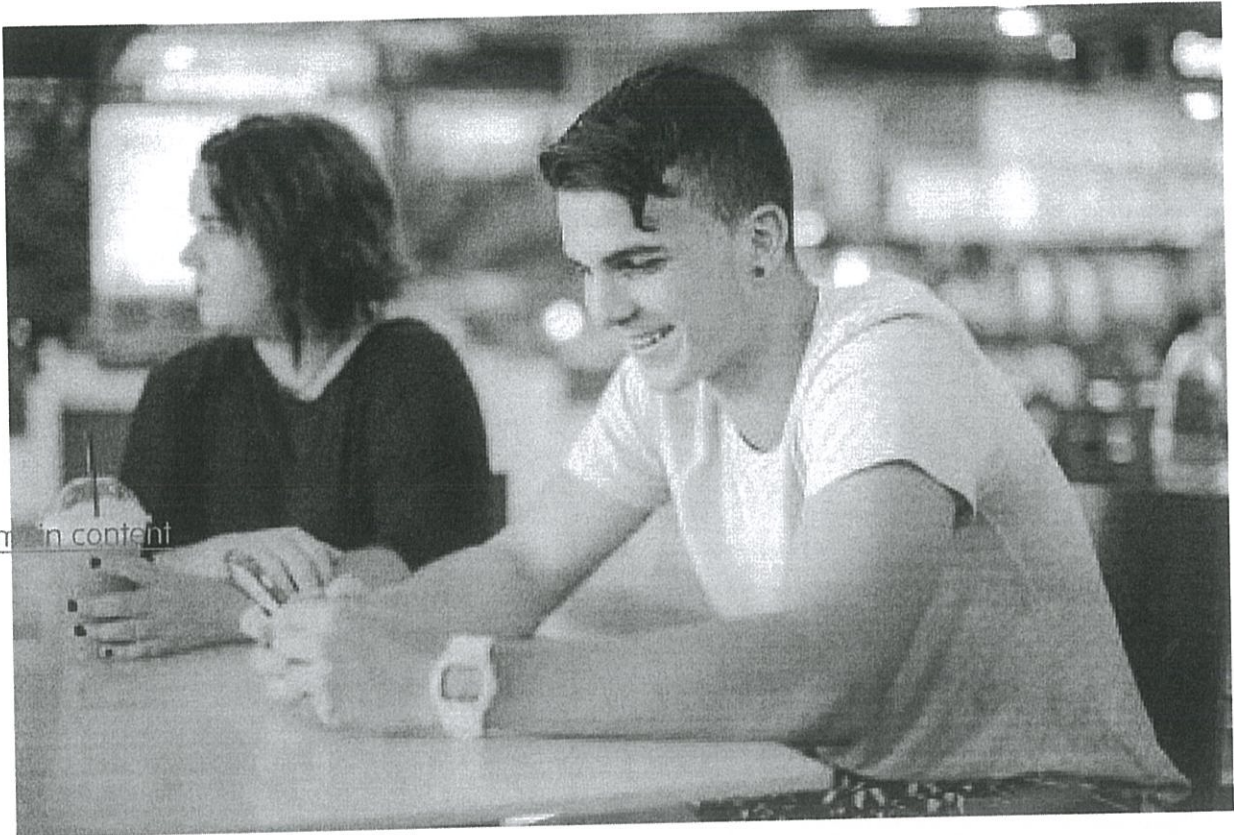
Here you can talk 1-on-1 with an eheadspace clinician via an online chat, email or over the phone. You can also join group chats which cover a variety of helpful topics and are a great way to learn from other people's experiences.

For many people, the best place to start is our [information library](#) where you can find tips and resources on a range of topics and issues.

"Last night I was upset and I spoke to someone at eheadspace. She showed me an awesome strategy so I



- middle

[Find a centre](#)[Emergency assistance](#)[Skip to main content](#)

How we can help

- If you are feeling down
- If you are feeling stressed
- If you are being bullied
- If you have concerns about drugs and alcohol
- Getting along with your family and friends
- Romantic relationships
- Questions about sex
- Questions about gender and who you are attracted to
- Getting advice about helping a friend
- Anything you want to talk about!

Group Chat

[Find a centre](#)[Emergency assistance](#)

I'm looking for contact information

Find your local [headspace centre](#) and their contact details. For all other general enquires please get in touch with [headspace](#).

FAQs

who will I be speaking to at eheadspace?



[Skip to main content](#)

eheadspace clinicians are experienced youth mental health professionals, social workers, mental health nurses, psychologists and occupational therapists. If you want to know more about these professions and what they do, just ask an eheadspace clinician.

how much does eheadspace cost?



eheadspace is free but if you call 1800 650 890 from a mobile phone, your normal call charges apply. Let us know if you are calling from a mobile and we can call you back.

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...

EFF. when tough stuff happens



How does online counselling work?

Visit 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.

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



Kids
Helpline

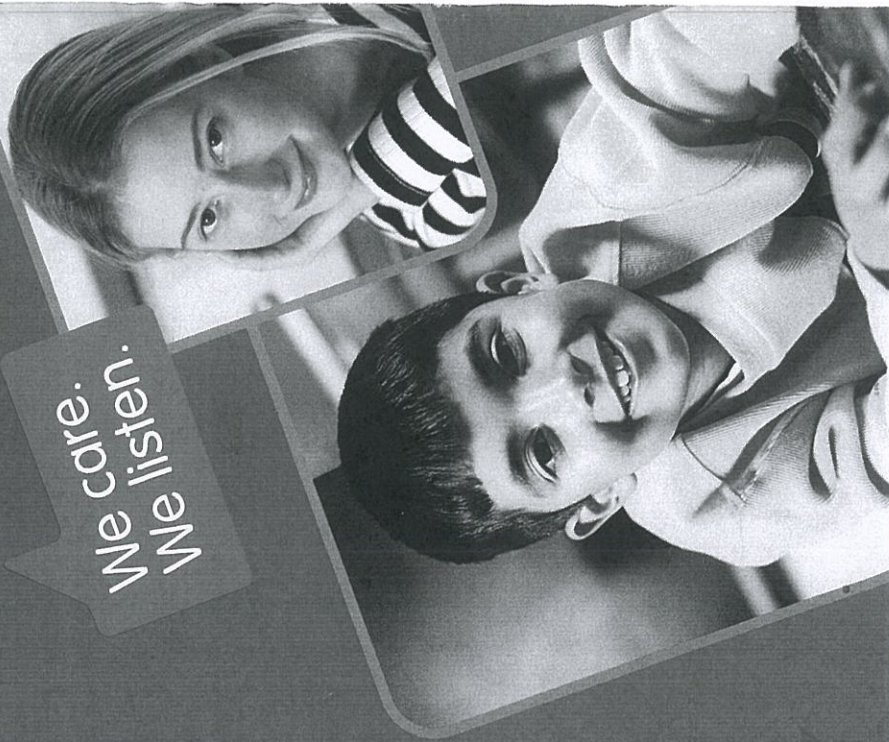
1800 55 1800



"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

Mail: GPO Box 2469 Brisbane QLD 4001



Kids Helpline is a
service of BoysTown



Kids
Helpline

KHLB-1013

**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

* Duty of care obligations apply.

Who's there to help?

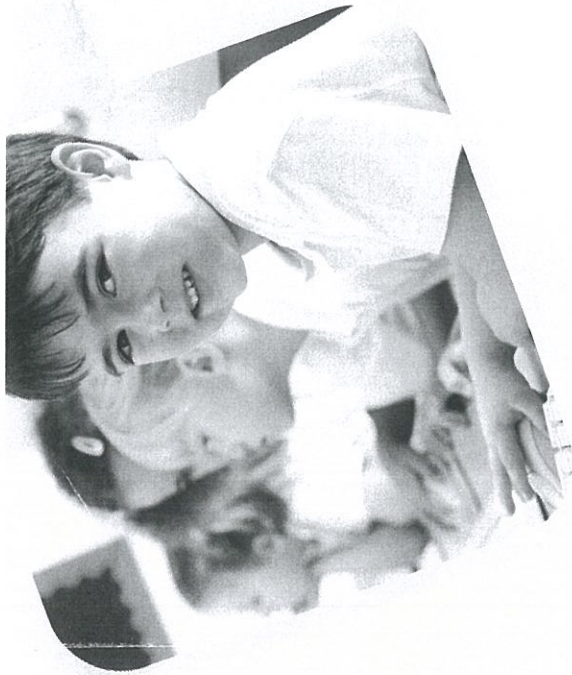
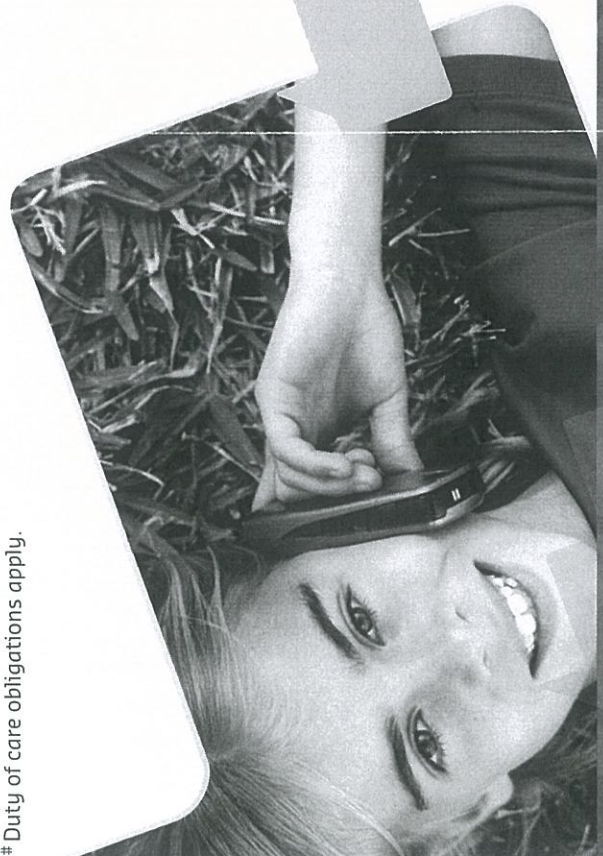
Our counsellors are tertiary qualified professionals who undergo additional specialised training at Kids Helpline.

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.

**Any time.
Any reason.**



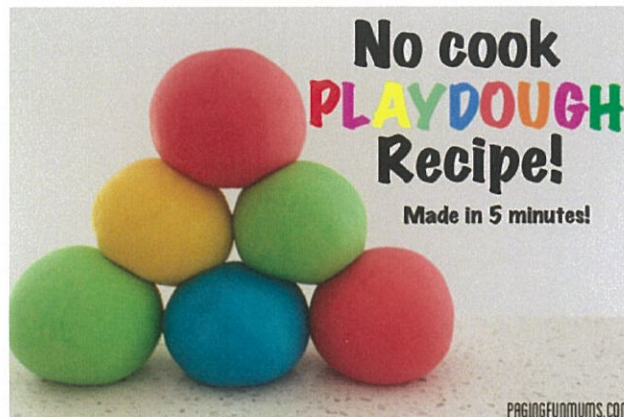
Kids Helpline @ School

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**



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

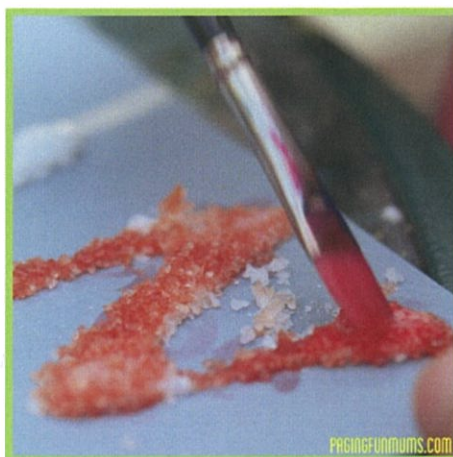
<https://rainydaymum.co.uk/bubble-mix-just-like-your-mom-made/>

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://pagingfunmums.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.

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

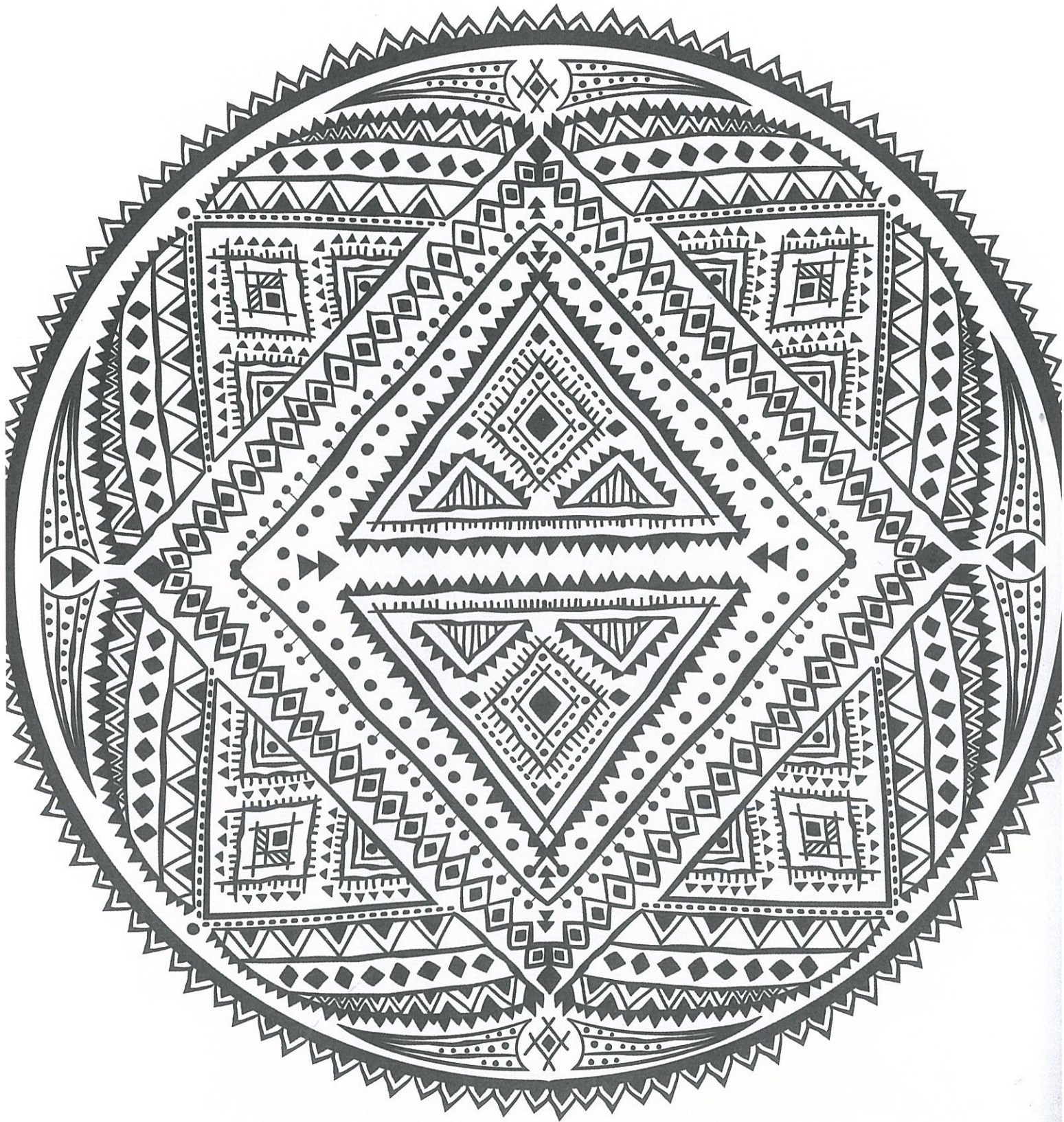
CLEVER

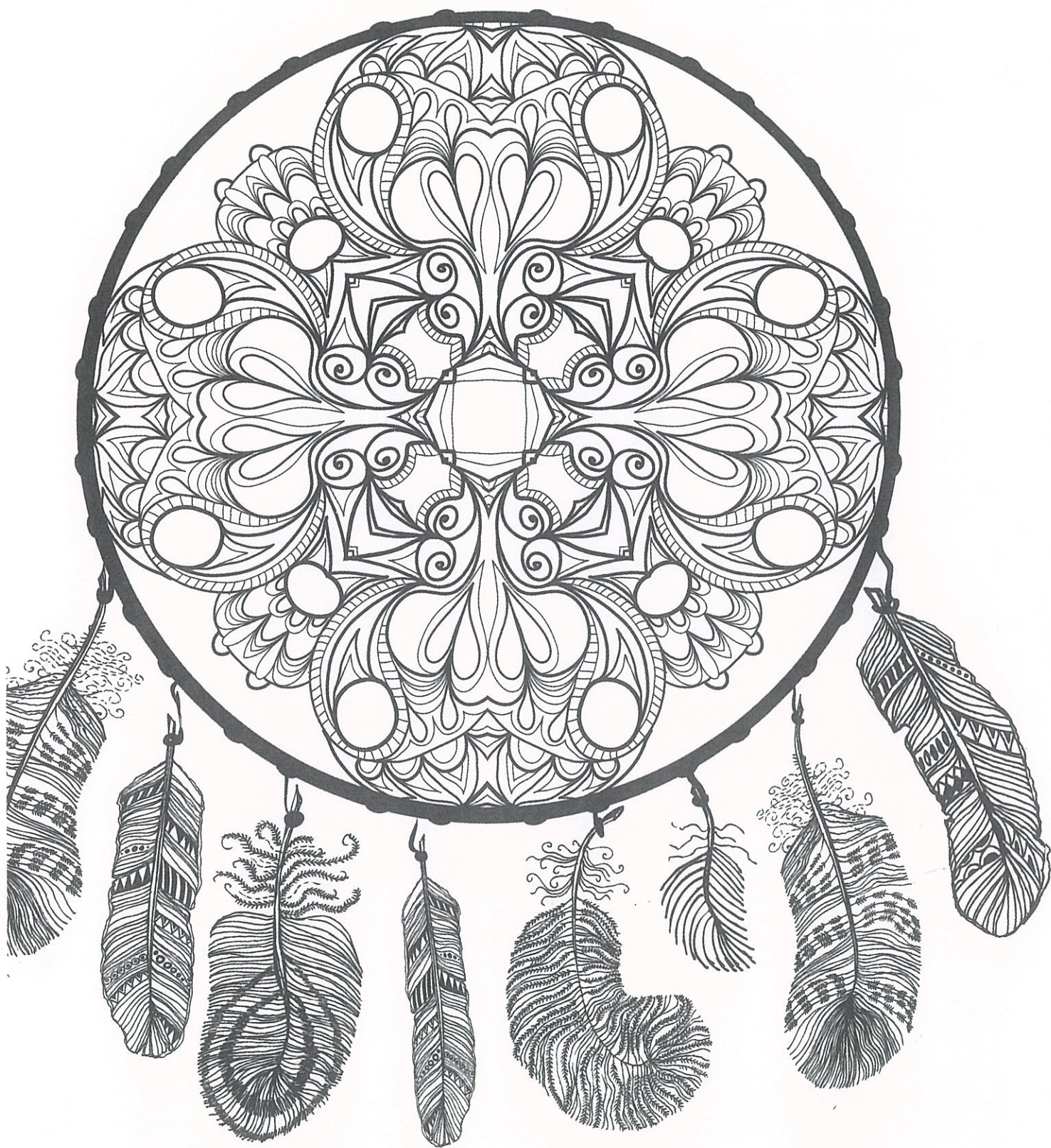
CARING

BRAVE

BEAUTIFUL

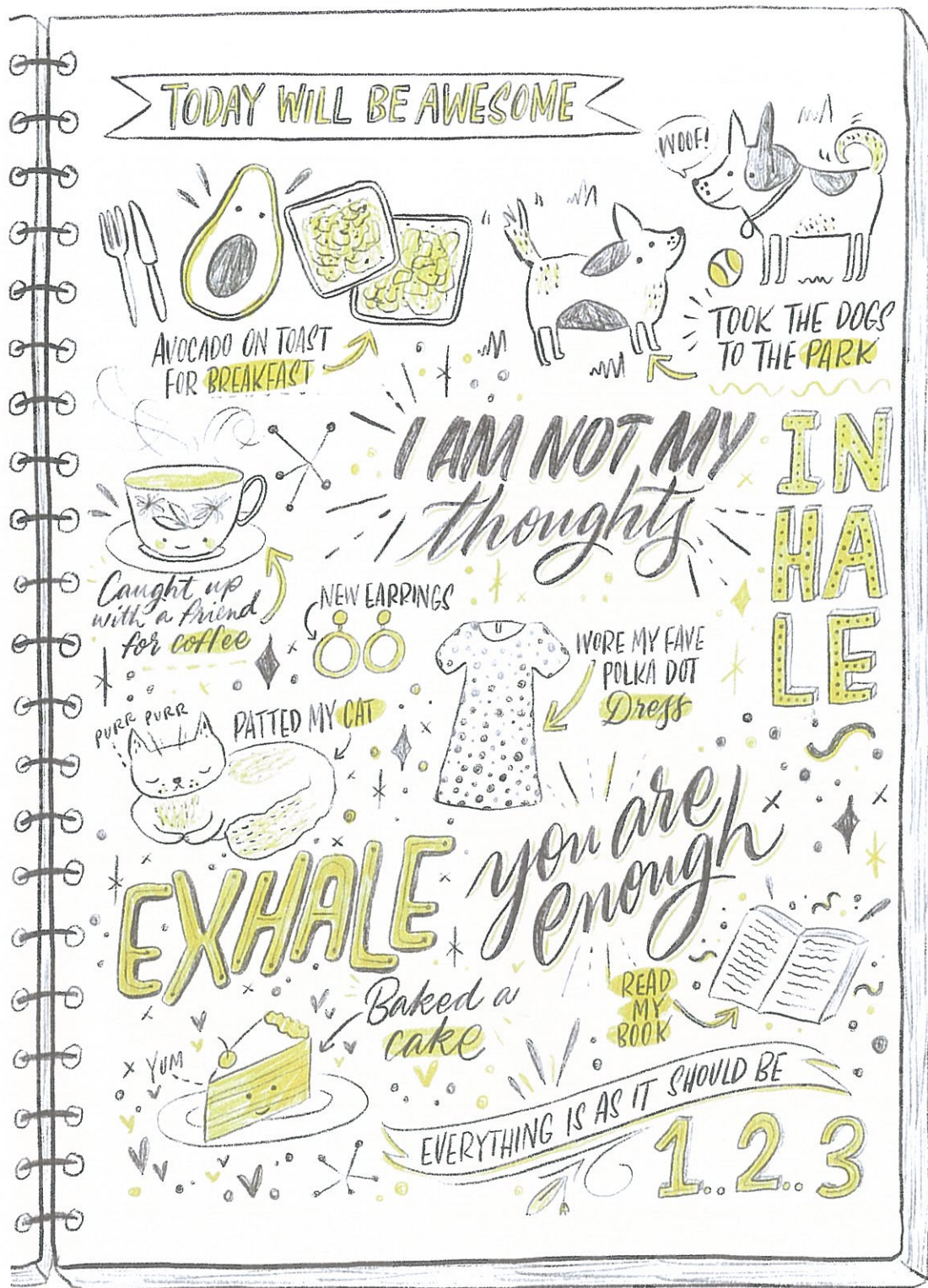
ADMIRE







When I'm not in a good headspace
a good night's sleep helps me feel better.



When I'm not in a good headspace
writing in my journal helps me feel better.