

Welcome to your Wellbeing Pack!

Suitable age range: 5 - 7 years

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: _____

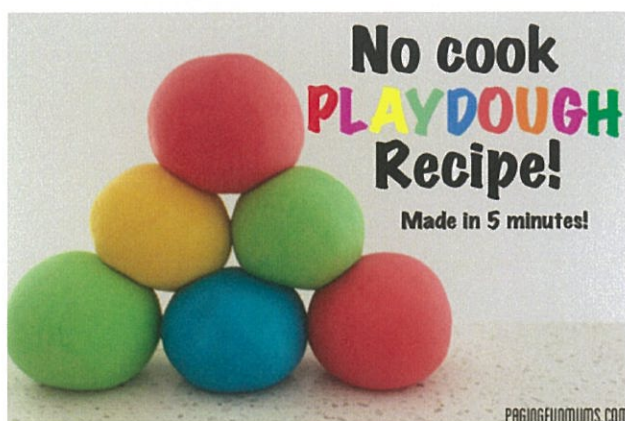
Two things I am good at: _____

One place I have been that I loved: _____

Self-Care for Families

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

just stay curious



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

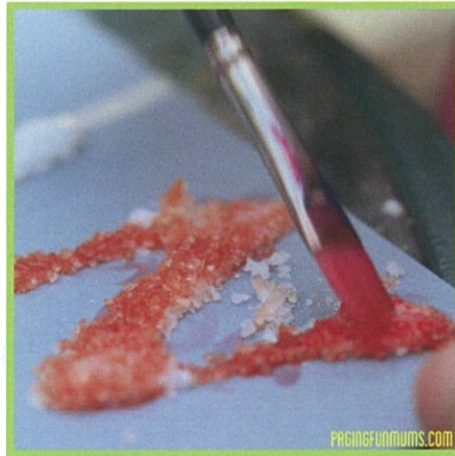
<https://rainydaymum.co.uk/bubble-mix-just-like-your-mom-made/>

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.

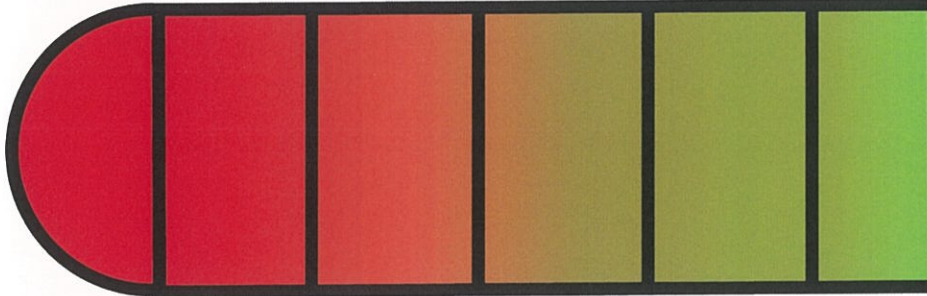
3. Spread vegemite over dough then sprinkle with cheese. Roll up dough and cut into 12 slices. Place scrolls onto the baking tray, close together and with the tail ends facing towards the centre. Bake for 20 minutes until golden.

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.



VERY
ANGRY



CROSS

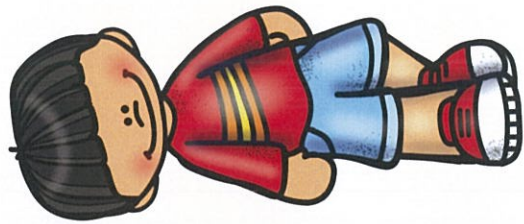


ANGRY

A BIT IRRITATED



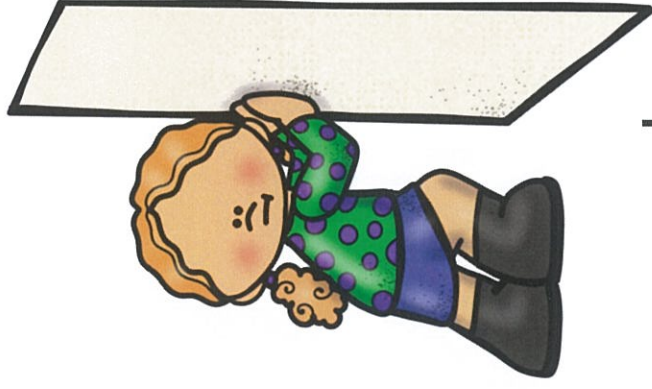
CALM



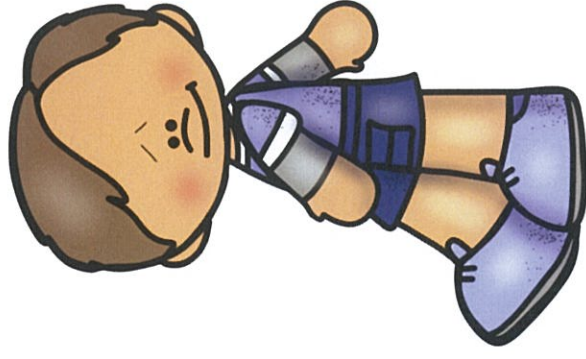
Calming Strategy Cards



jump



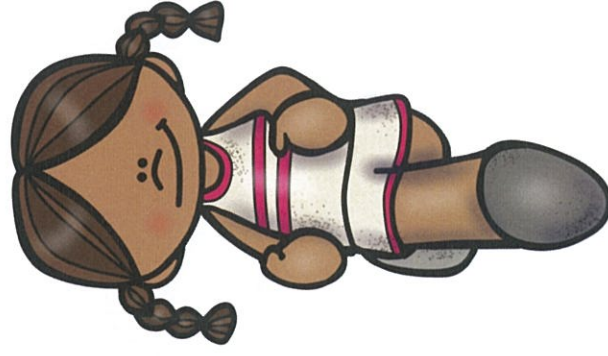
push



walk



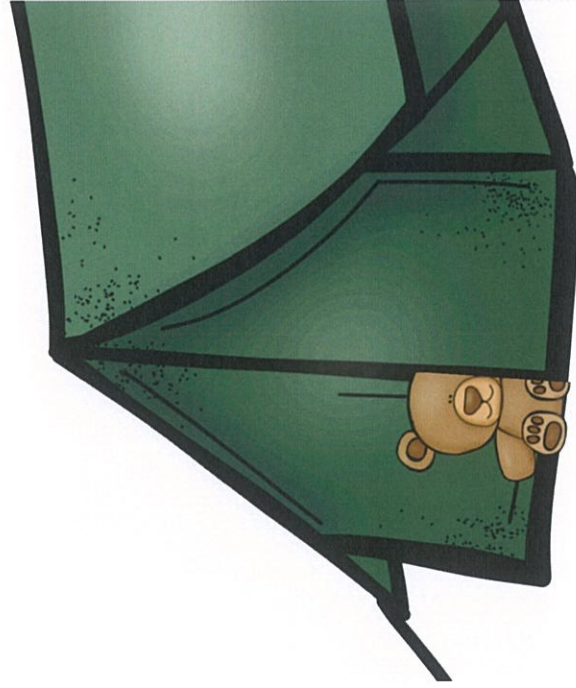
stretch



run



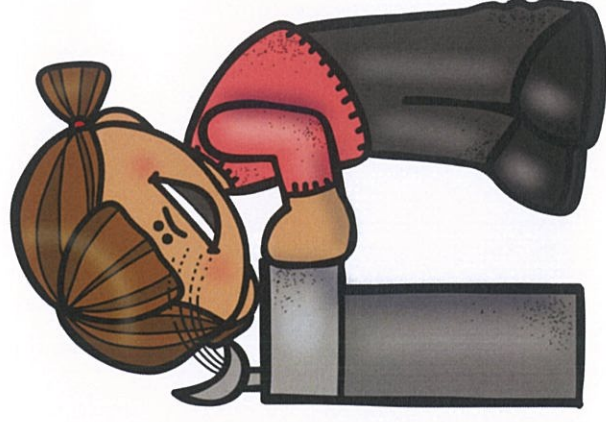
happy thoughts



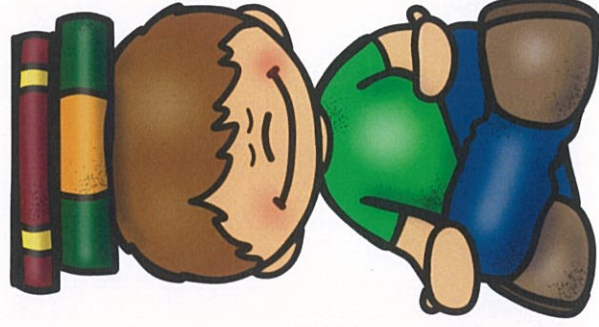
quiet space



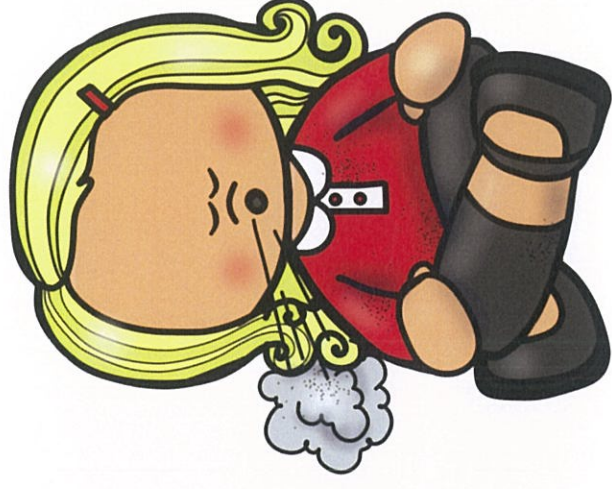
relax



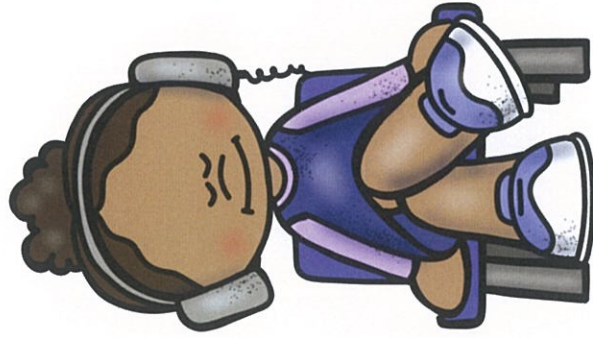
drink



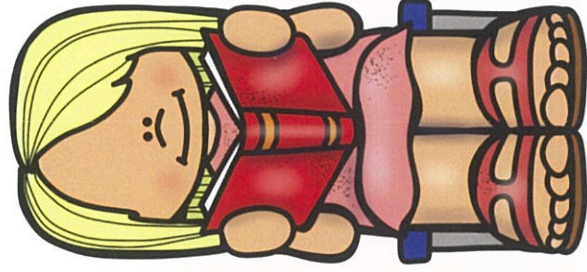
yoga



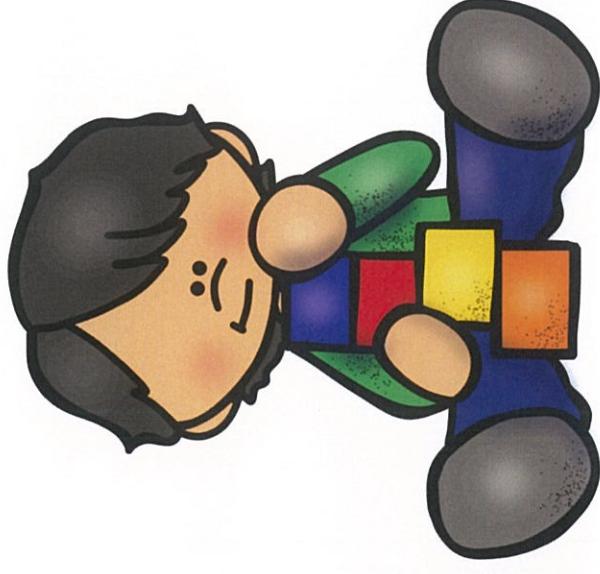
breathe



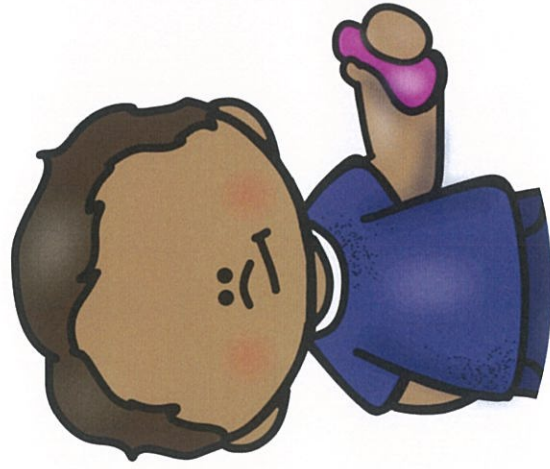
listen to music



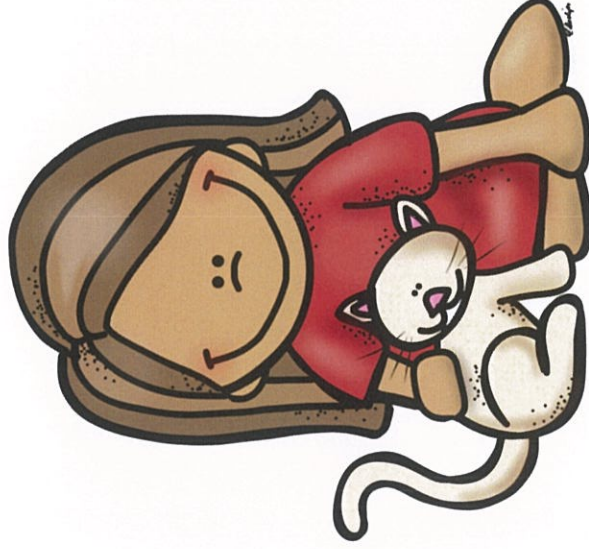
read a book



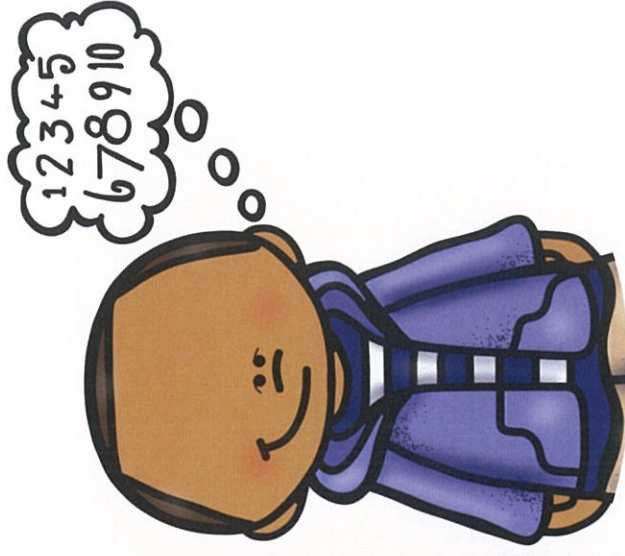
play with blocks



squeeze



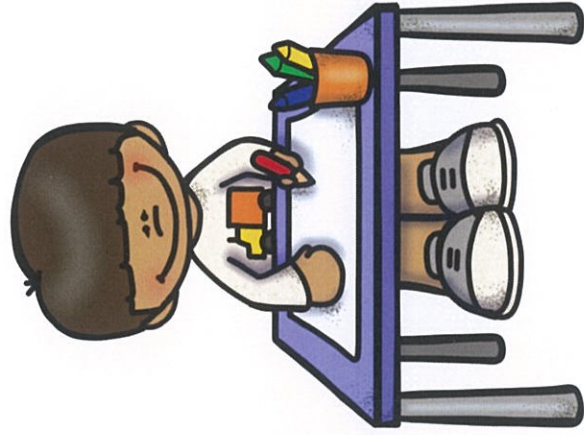
pat a pet



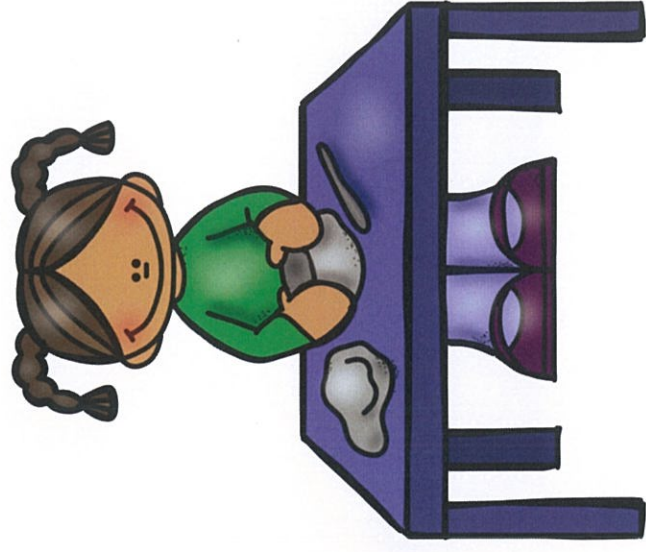
count



paint



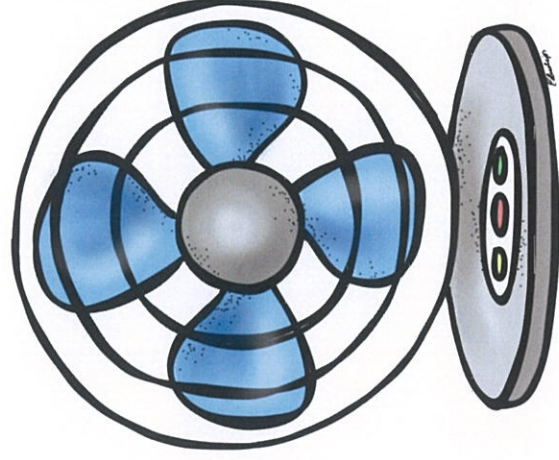
draw



play dough



hug a bear

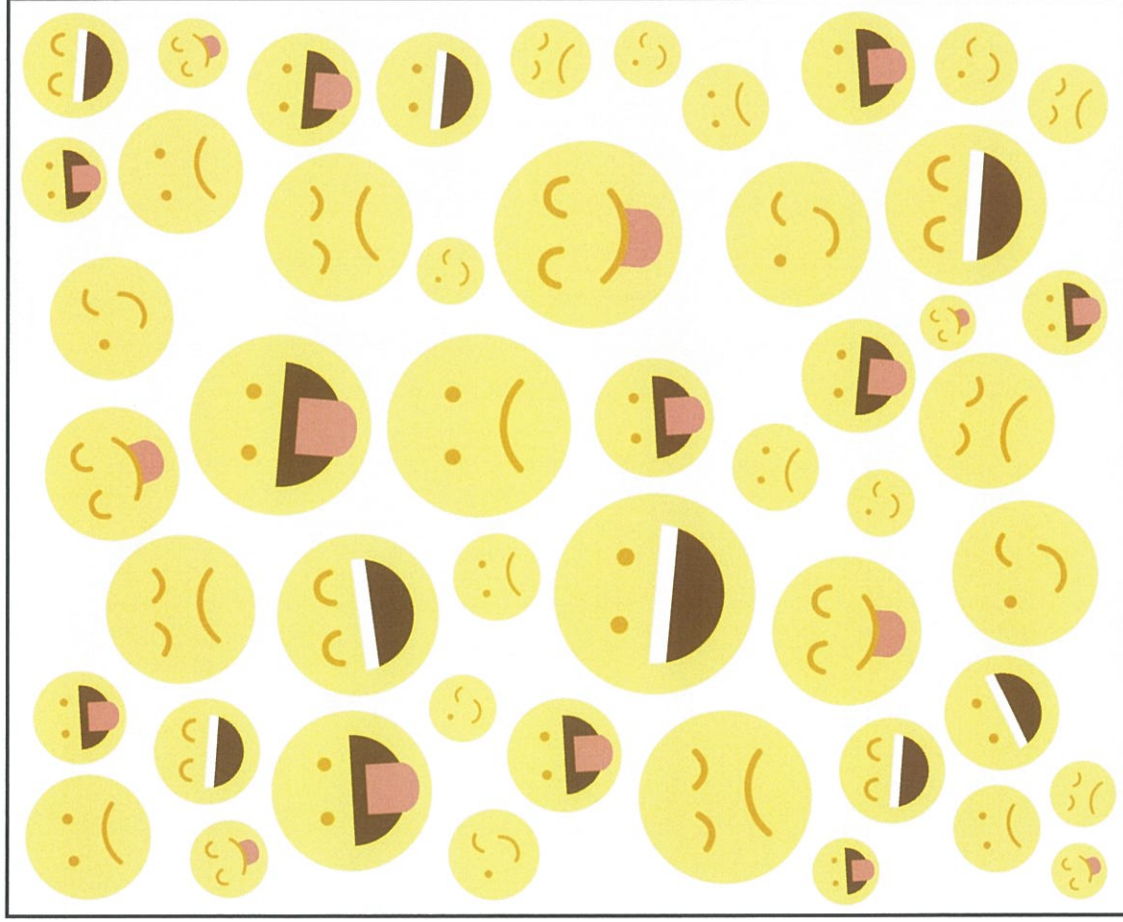


feel a breeze



chew gum

I SPY: EMOTIONS



For Personal Use Only | And Next Comes L | <http://www.andnextcomesl.com>

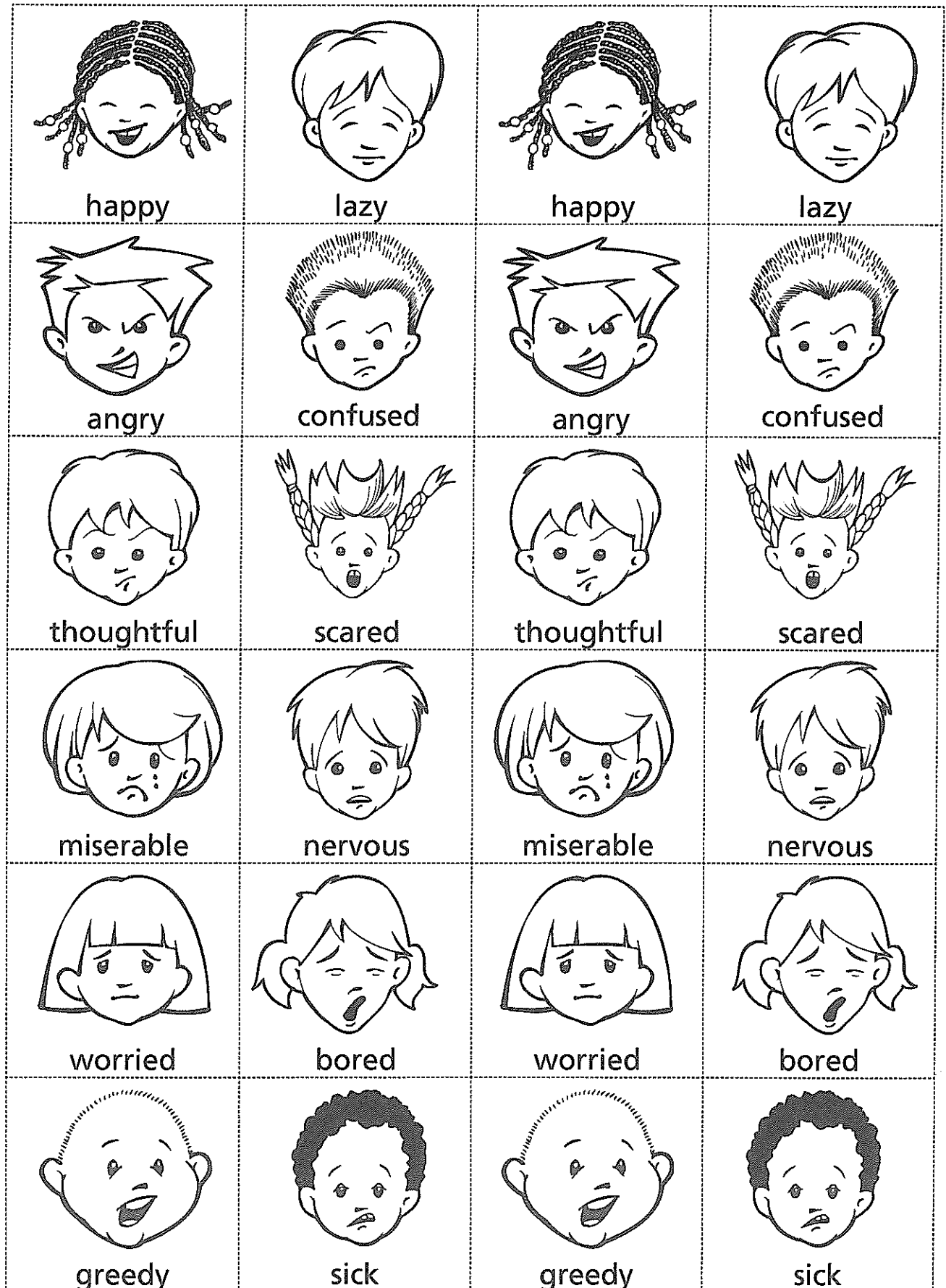
I SPY: EMOTIONS

Write down the number of each item that you found.

Excited	
Happy	
Sad	
Disappointed	
Silly	
Goofy	
Playful	

For Personal Use Only | And Next Comes L | <http://www.andnextcomesl.com>

1. Colour and cut out the cards.
2. Use the cards to play 'snap' or 'memory' games.



Happy

Merry

Scared

Unhappy

Mad

Terrified

Distaste

Afraid

Crying

Yelling

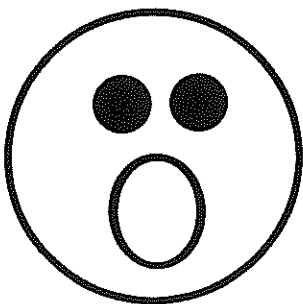
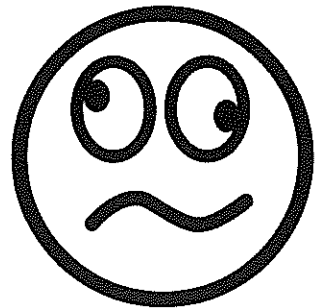
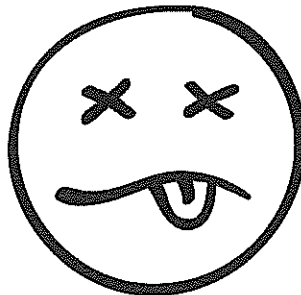
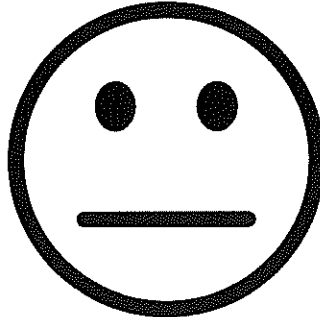
Yuck

Ew!

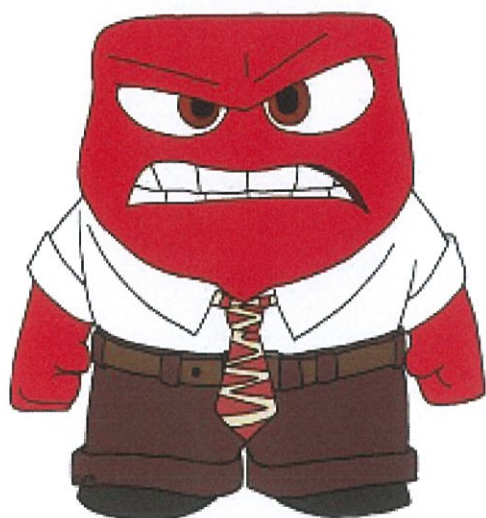
Yay!

Heartbroken

Cut out & Match to Faces



MATCHING PAIRS:



Cut out + pair with Feeling Words

Sadness

Anger

Joy

Fear

Disgust

Silly

Double Double (Double This Double That)



Double Double (also known as Double This Double That) is a hand clapping game.

Below you can see instructions on how to do the hand clapping game, as well as Double Double (Double This Double That) lyrics.

Double Double (Double This Double That) - Lyrics

*Double double this this,
Double double that that,
Double this, double that,
Double double this that!*

Clapping Instructions / Video / Tune

Okay – let's learn the fun hand clapping game Double Double:

Every time the lyrics say “Double”: bump fists.

Every time the lyrics say “This”: clap your hands with palms facing each other.

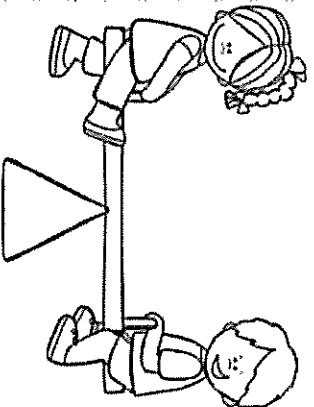
Every time the lyrics say “That”: clap the back of your hands with your partner.

Watch:

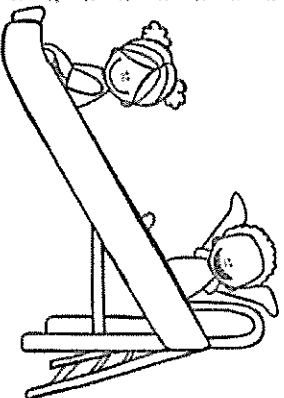
<https://www.youtube.com/watch?v=gWXNbleftRk>

Coloring Pages

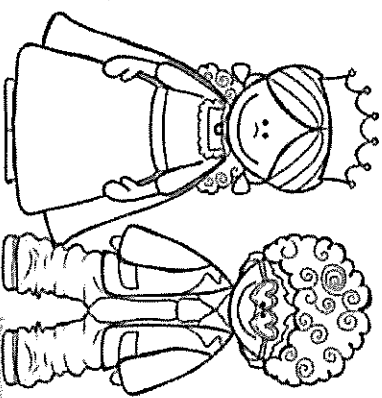
Play
Fairly



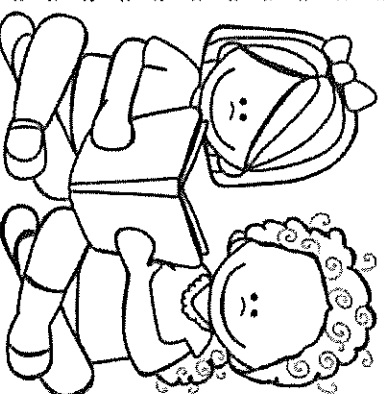
Play with
Everyone



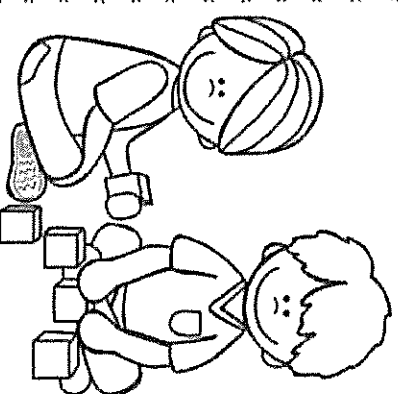
Be
Kind



Share



Help
Others



If feelings could be colours,
I think these feelings might be...

SAD

HAPPY

SCARED

ANGRY

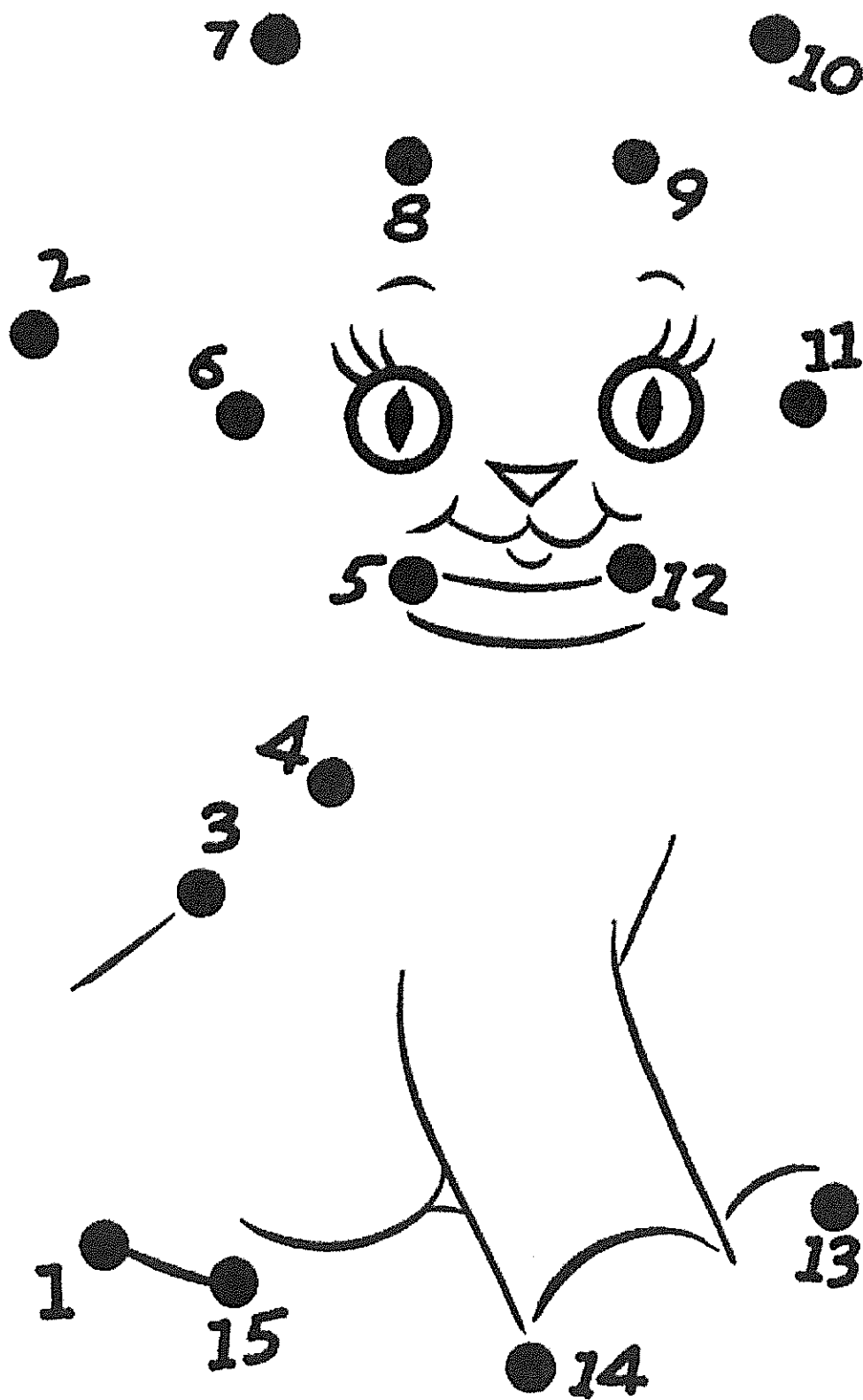
WORRIED

★ 100	99	98	97	96	95	94	93	92	91
81	82	83	84	85	86	87	88	89	90
80	79	78	77	76	75	74	73	72	71
61	60	63	64	65	66	67	68	69	70
60	59	58	57	56	55	54	53	52	51
41	42	43	44	45	46	47	48	49	50
40	39	38	37	36	35	34	33	32	31
21	22	23	24	25	26	27	28	29	30
20	19	18	17	16	15	14	13	12	11
1	2	3	4	5	6	7	8	9	10

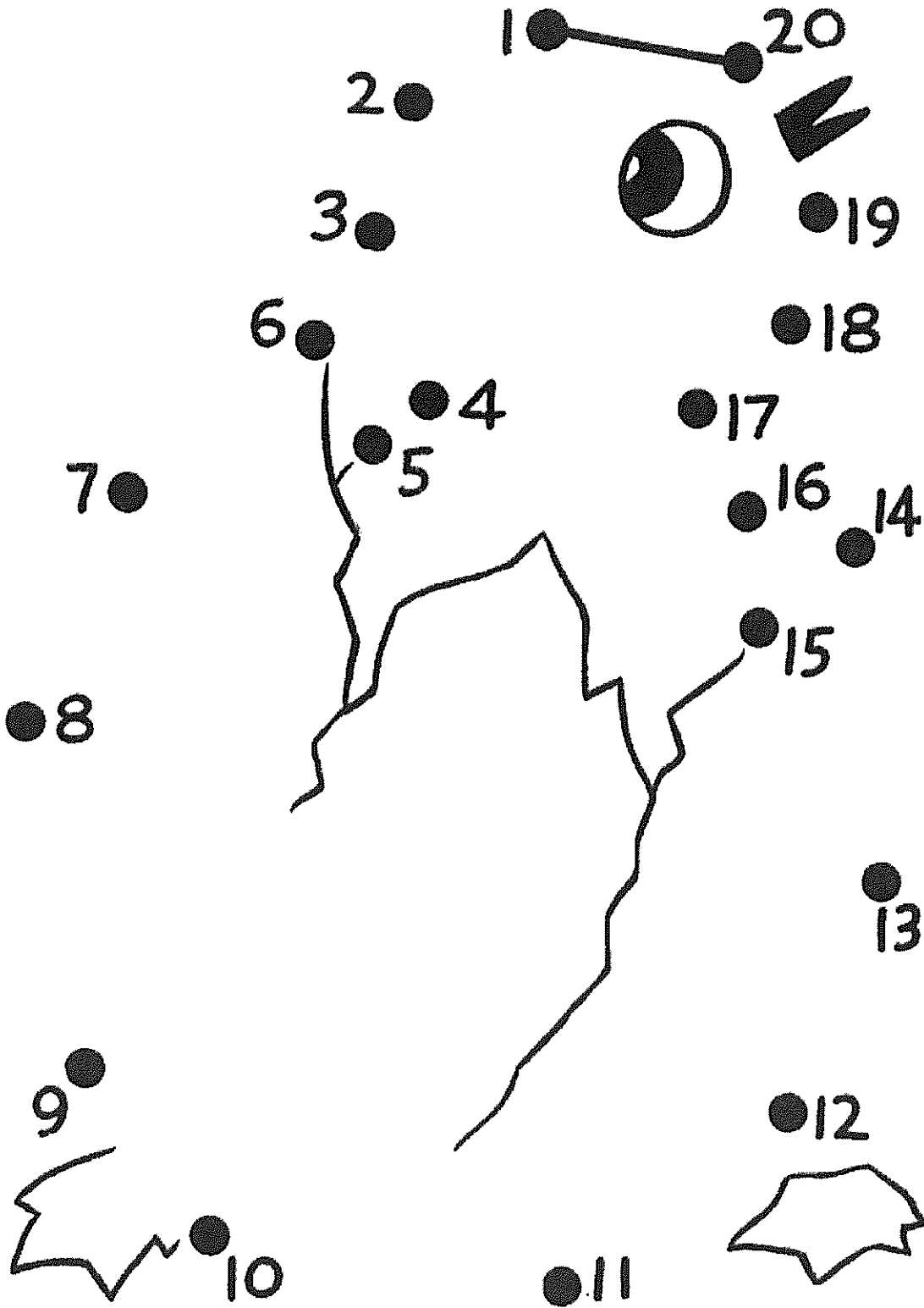
Snakes and Ladders Game

Kindness





RaisingOurKids.com

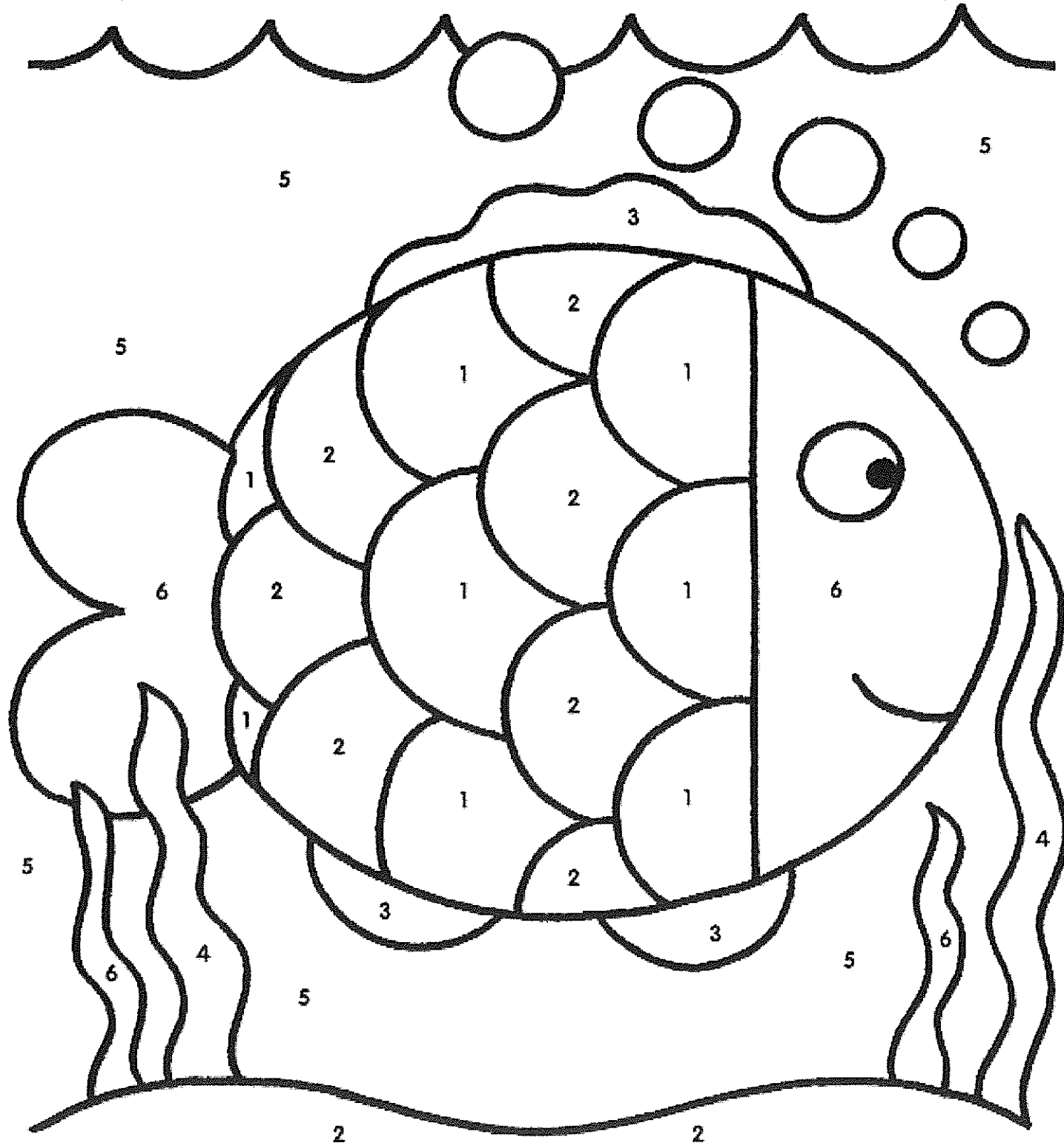


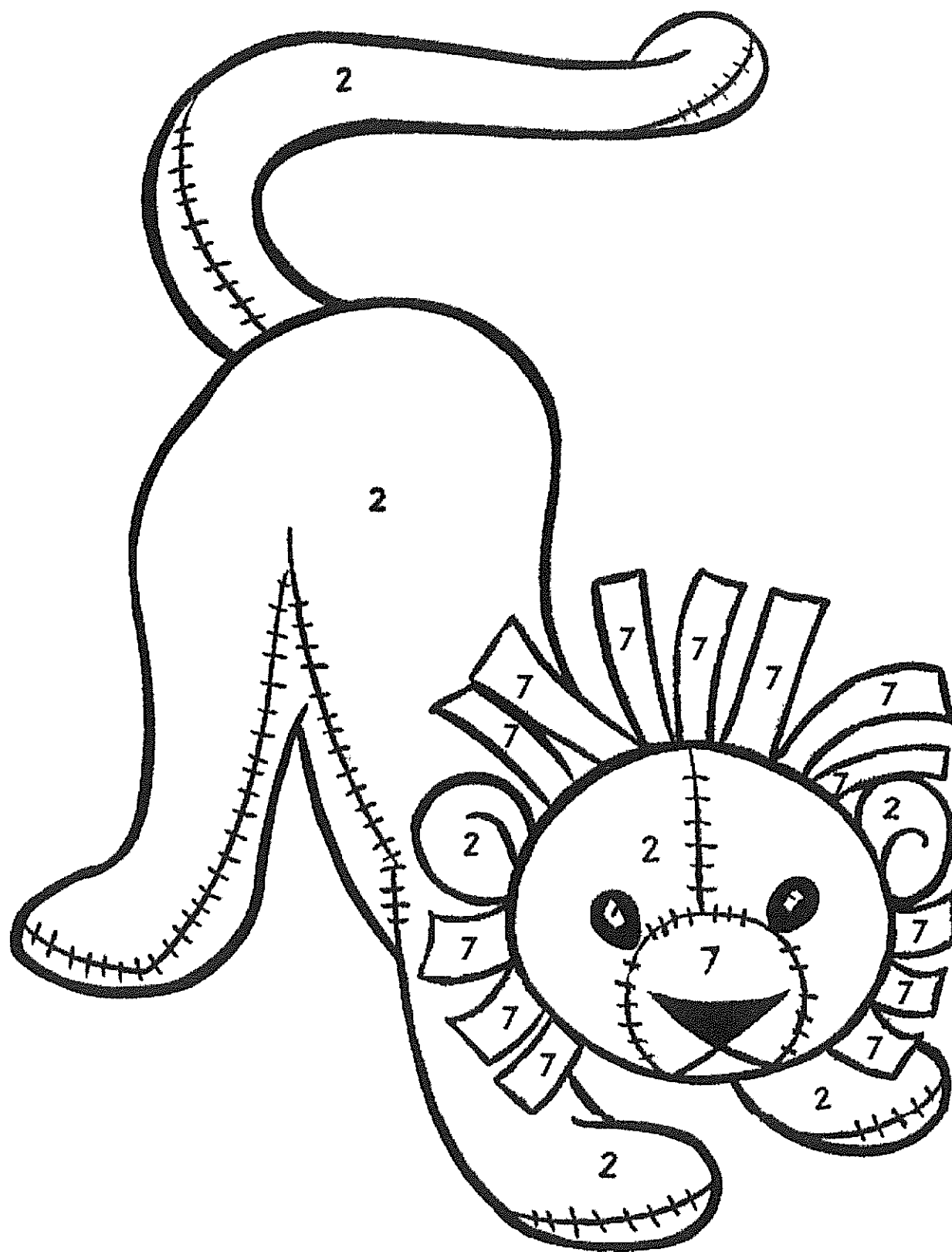
RaisingOurKids.com

1-red
2-orange
3-yellow

A color by number fish.

4-green
5-blue
6-purple





1—Red
2—Yellow

3—Blue
4—Green

5—Orange
6—Purple

7—Brown
8—Black

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>

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...



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.

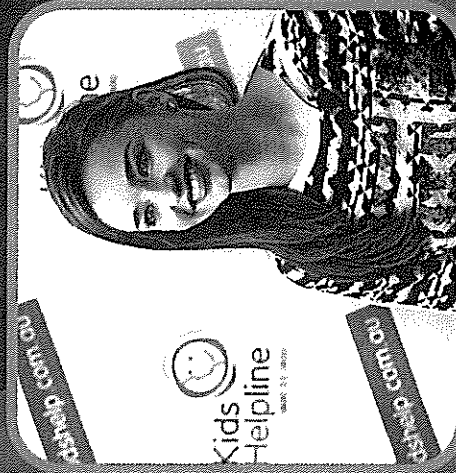
*EST.

Any time.
Any reason.

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



"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



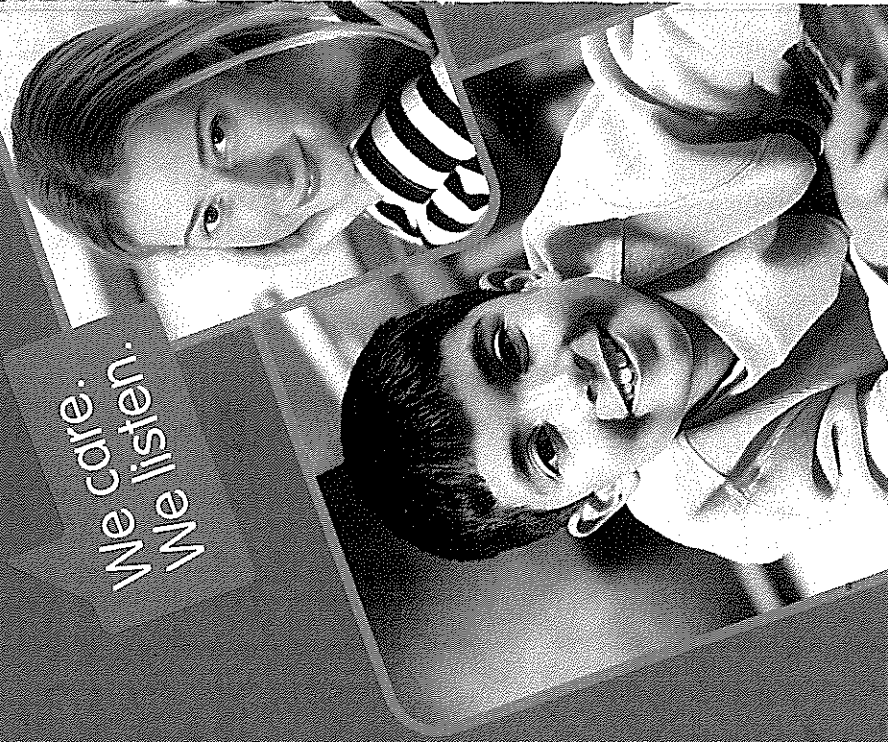
Kids
Helpline

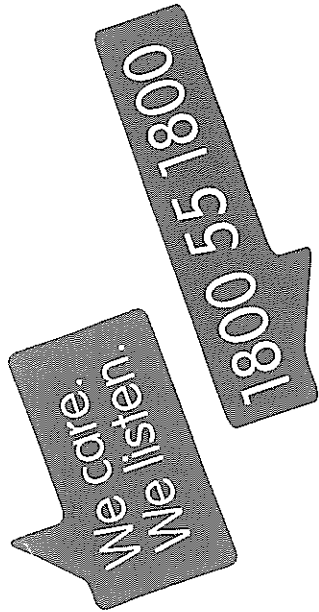
KHLB-1013



**Kids
Helpline**

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.

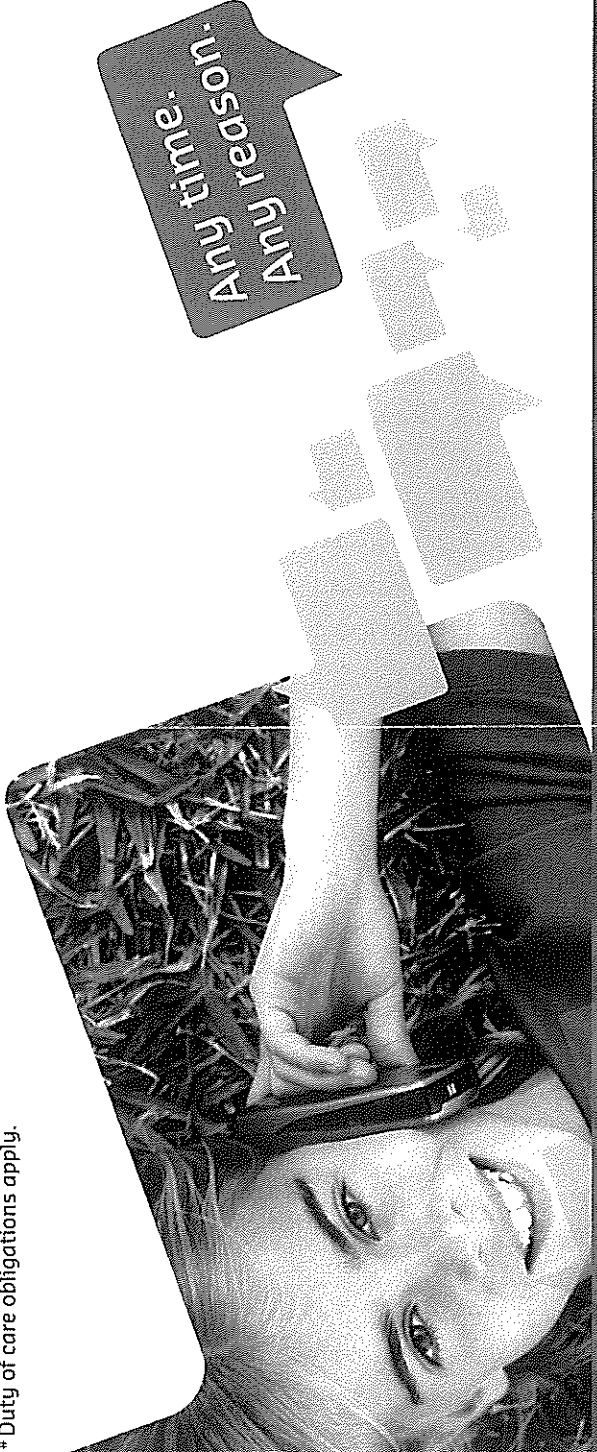
Who's there to help?

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.



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