

Welcome to your Wellbeing Pack!

Suitable age range: 7years - 10years

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:

MORE about me!

My best day ever
was when...

My favourite holiday was when
I went to...

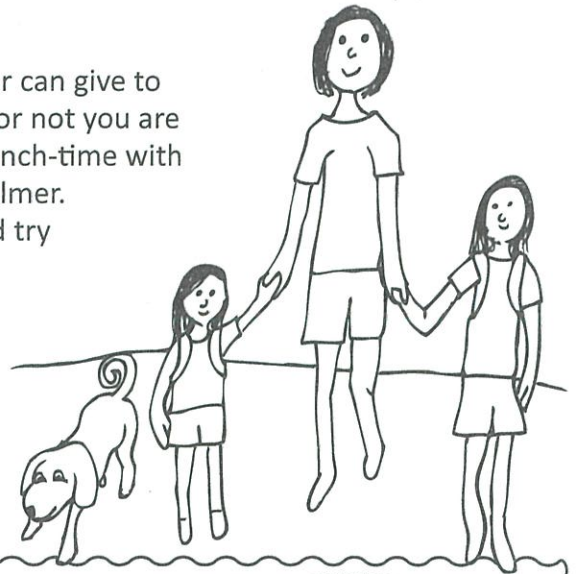
Someday I want to travel to:

I am thankful for:

My favourite foods are:

I am part of a support team too!

Now let's think about the support that you have given or can give to important people in your life. Whether you know it yet or not you are also a part of a support team. For example, playing at lunch-time with somebody can give them support to feel happier and calmer. Pick 3 people that you know well (friends or family), and try to think of times when they have had to do something that they found difficult or scary. Try to think of ways that you could be part of their support team. Write down the names of each person above the **Circle of Support** drawing on the next page (above each person's head).



Person's name: <hr/> <hr/>	Something they find difficult <hr/> <hr/>	Ways you could help <hr/> <hr/> <hr/>
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Person's name: <hr/> <hr/>	Something they find difficult <hr/> <hr/>	Ways you could help <hr/> <hr/> <hr/>
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Person's name: <hr/> <hr/>	Something they find difficult <hr/> <hr/>	Ways you could help <hr/> <hr/> <hr/>
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A person who I look up to or I think is brave or kind is

Now think of something difficult or scary that this person has faced.



What happened?

What did they do?

How could you be more like them when you have to face something that is difficult or scary?

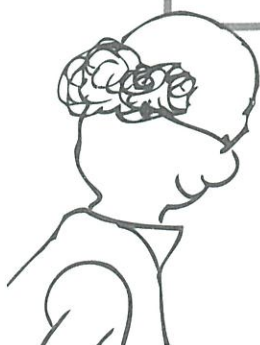
Another person in my family or at school I think is brave or kind is

Now think of something difficult or scary that this person has faced.

What happened?

What did they do?

How could you be more like them when you have to face something that is difficult or scary?



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!

Being mindful
leads to:

a focus
on the present
moment

forgiveness
and resilience

non-judgemental
thoughts

positive and
kind self-talk

an awareness
of thoughts and
emotions as they
arise

less worrying
about the past
or the future

empathy,
respect and
compassion for
others

an awareness
of your
body and its
sensations

It would be good to be mindful when:

Describe the last time you acted mindfully.

Significant Relationships



Relationships with the people in your life who are important to you can be called significant relationships. These are the key people in your life who influence, inspire, encourage, support, care for and respect you. They are people you enjoy spending time with because they make you feel safe and happy.

Think about the key people in your life, then write their names in the box below.

Think: family members, trusted adults, carers, friends, coaches, teachers etc.

The key people in my life are:



How have the **key people** in your life influenced your identity?

Do you think your personal identity will **change over time**?

☐ yes

☐ no

Explain your answer.

My Kind of Smart



Many people think of intelligence as how well you can score in a maths or English quiz. Even though this may measure how well you understand some subjects, it is not a good measure of how intelligent you are! In fact, it is barely scratching the surface of the different ways you can show intelligence. Understanding Dr Howard Gardner's theory of multiple intelligences, as well as your own strengths and weaknesses, can help you to form a better understanding of your identity.

Carefully read the multiple intelligences and their examples on page 10 and circle what relates to you. Shade the boxes below to represent your top 3 strengths.

music smart	self smart	picture smart	nature smart
people smart	number/reasoning smart	word smart	body smart

Draw and label a picture of yourself using at least one of your multiple intelligences.



The Last Time I...



Draw or describe the following.



The last time I
laughed really hard.

The last time I felt
really happy.

The last time I
enjoyed the
outdoors.

The last time I ate
my favourite food.

The last time I felt
proud of myself.

The last time I
helped someone.

One Year Ago



No matter how hard you try you cannot avoid change. Change is sometimes challenging, but it can make your life better once you understand it. Think about yourself at this time last year. What has changed? Maybe you have a new favourite game or TV show, new friends or a different teacher. Maybe you went through a challenging time last year but it has passed now. A lot can happen in one year!

Think about how you have changed emotionally, physically and socially over the last year, then fill in the details below.

Emotional Changes

How have you changed emotionally?

Think: moods, feelings, self-awareness, self-management, sensitivity etc.



Physical Changes

How has your body changed?

Think: body shape, height, appearance etc.



Social Changes

How have you changed socially?

Think: values, interests, relationships, independence etc.

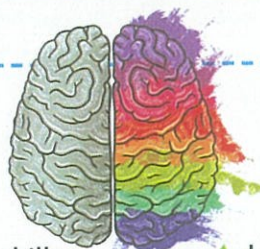


Fixed Mindset vs. Growth Mindset



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.

Using a Growth Mindset



Did you know it is possible to change from a fixed mindset to a growth mindset?
All it takes is a little bit of effort!

Change the fixed mindset thoughts to growth mindset thoughts.

I can't be bothered to finish this task.



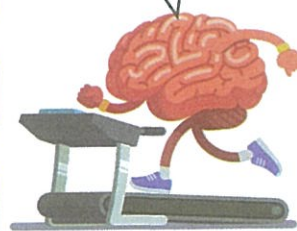
I'm not smart enough to understand this.



I am not good at maths because my mum isn't good at it.



I am training my mindset!



What will you do if you experience a fixed mindset thought? Why?

Research to find a growth mindset quote or saying that is meaningful to you.
Design a colourful mini poster for your quote or saying below.

””

““

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

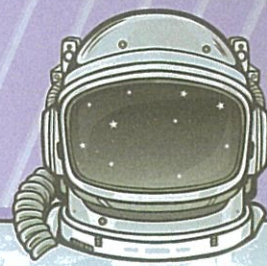
What challenges did you face while working towards your goal?

How did you overcome these challenges?

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

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

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.



Resilience



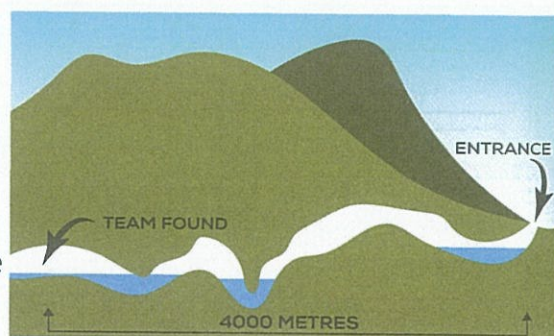
Resilience is the ability to recover quickly or cope with difficult, challenging, hurtful or disappointing circumstances. Resilient people never give up, even when times are tough.

Twelve Brave Boys and a Soccer Coach

On the 23rd of June, 2018, twelve members of the Wild Boars soccer team (the youngest just 11) and their coach went exploring in a cave complex in northern Thailand. They just took torches with them as they expected to only be gone an hour or so.

Soon after entering the cave, heavy rainfall caused flooding, which trapped them in a muddy, dark and terrifying part of the cave system. They would not emerge until two weeks later.

It took an international team of selfless experts to free the boys and their coach. It has since been described as a 'superhuman' rescue effort, due to the high-stress circumstances and potential for disaster.

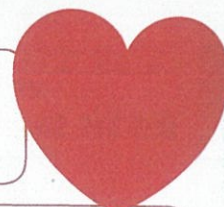


Some examples of how the boys showed resilience:

- ★ They huddled together to keep warm.
- ★ They took turns to use their torches in order to save the batteries.
- ★ They took turns to lick water from the cave walls.
- ★ They used meditation to stay calm.



They were determined to survive. They never once gave up hope.



They showed extreme maturity as they quickly adapted to their very unpleasant and scary situation. They did not panic.



They are full of respect for those who risked their lives to save them.

Even though some of the boys were not strong swimmers, they survived an extremely difficult exit by diving through flooded areas of the cave.



They talked of the future and even used humour to take their mind off the challenges they faced.



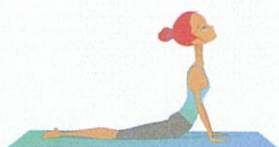
What did you learn about resilience from reading this article?

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.

Coping with Unpleasant Emotions



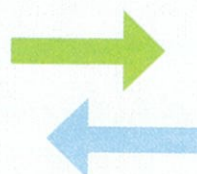
When you feel unpleasant emotions such as anger, jealousy or stress, it is important to use positive coping strategies to gently bring yourself back to a calm state.

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 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?

Recognising Anxiety



Everybody feels worried and scared at different times during their lives. When these unpleasant emotions are very strong, and do not go away, it might mean we have a problem managing anxiety. Sometimes, feeling anxious about something is helpful. e.g. If you have a big game coming up, a little bit of anxiety may push you to try harder at training. But too much anxiety is unhealthy and can prevent you from living your best life.

Complete the work below if you have felt anxious before.

Tick the boxes next to the anxiety symptoms you have experienced.

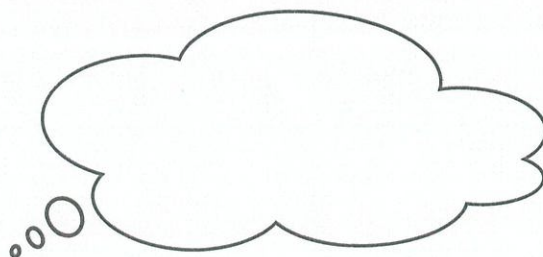
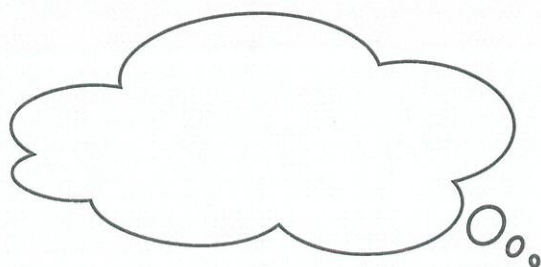
- ☐ fear of bad things happening
- ☐ out-of-control behaviour
- ☐ sweaty palms
- ☐ trouble falling asleep/tiredness
- ☐ fear of going to new places
- ☐ feeling nervous
- ☐ fast, thumping heart



Do any of the common anxiety triggers below affect you? If yes, shade them.

public speaking	meeting new people	visiting new places	animals
crowds	flying on a plane	shopping	fear of heights
trying new things	your home life	your past mistakes	your appearance
family issues	performing well in school tests	fear of dying	seeing someone you don't like

Write some of the thoughts you tend to have when you feel anxious.



What do you do to cope when you feel anxious or worried?

Physical Wellbeing

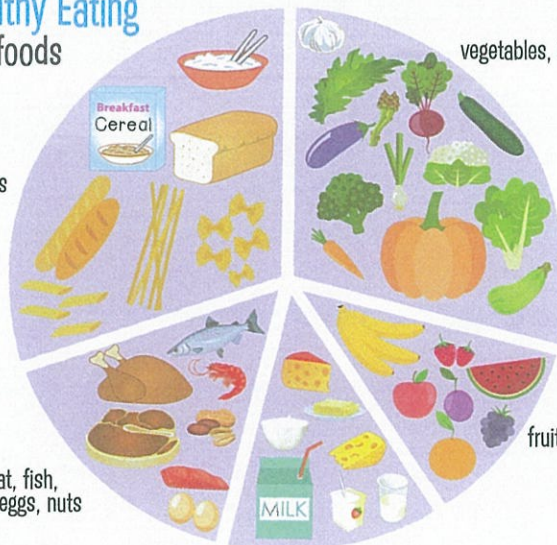


Making healthy food choices can have an impact on your overall physical health and wellbeing. Eating a healthy, balanced diet means that you eat from each of the food groups represented in the Guide to Healthy Eating every day. The largest sections of the guide represent the foods that should be consumed the most.

Guide to Healthy Eating

Choose these foods every day.

bread, cereals,
rice, pasta, noodles



vegetables, legumes

lean meat, fish,
poultry, eggs, nuts

milk, cheese, yoghurt

Drink plenty
of water.

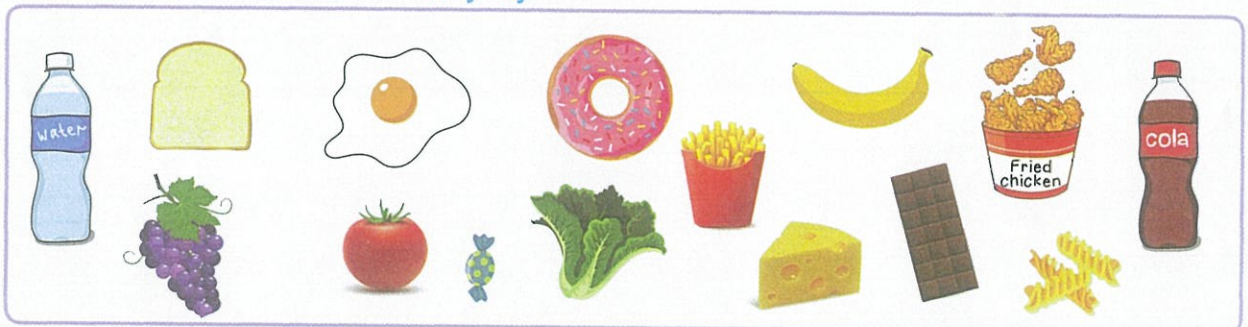


Choose these sometimes:



lollies, fast food, chocolate,
cakes, fizzy drinks.

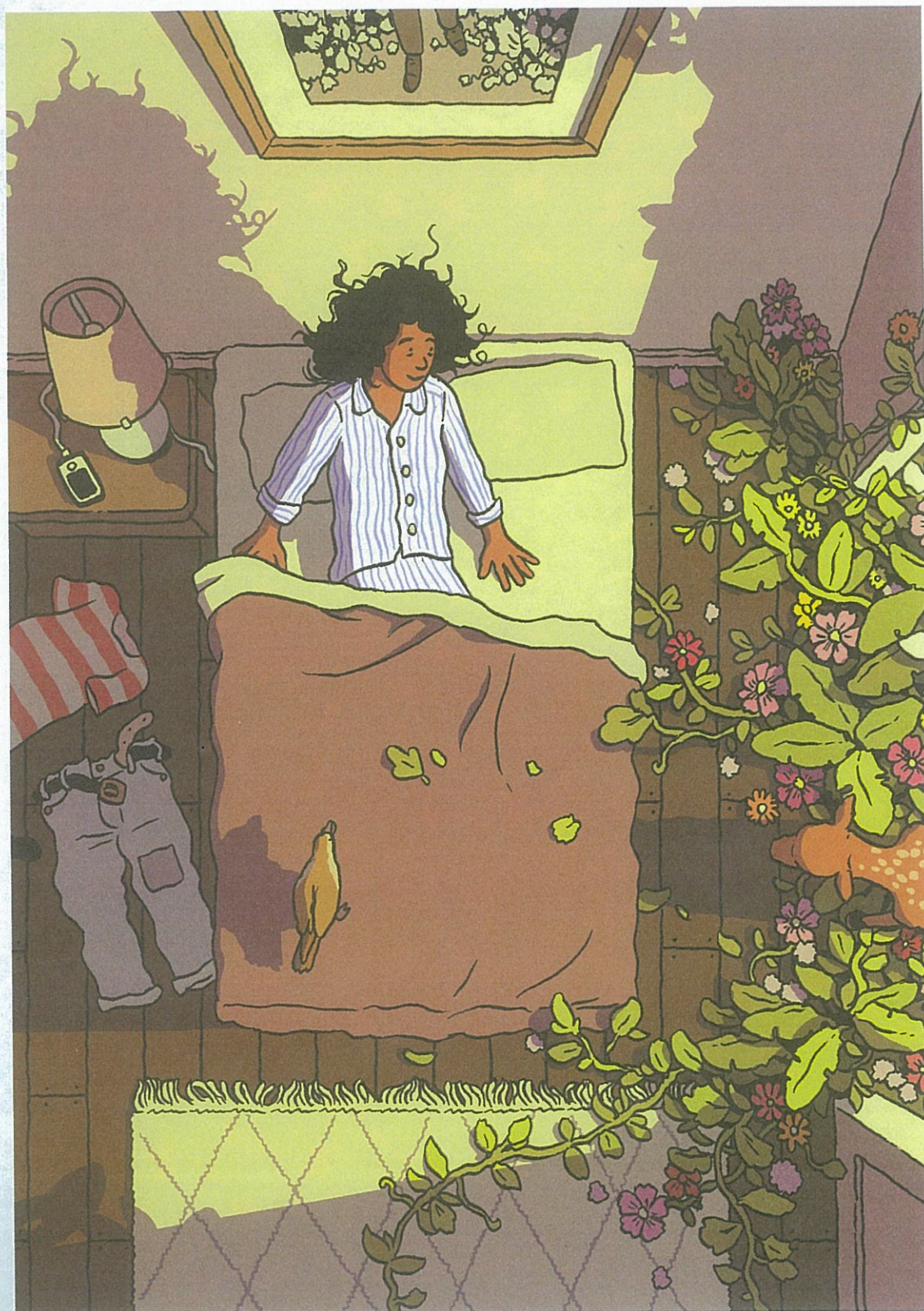
Circle the foods that are ok to eat every day.



List in the table below what you have eaten this week.

Breakfast	Recess	Lunch

Look at The Guide to Healthy Eating. Could you have made healthier choices? If yes, how?



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

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!

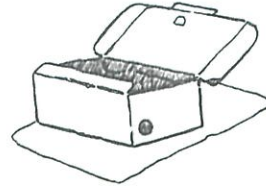
1. Buy some thick coloured chalk.
2. Ask if you're allowed to use a path outside around your house, and draw yourself, or write your name, or draw anything you like in full colour! Your own personal outside art gallery!
3. Remember, if it rains it'll wash away!



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...

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!

16

How would you feel if ...



**you could eat all
the candy in the world?**

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10
How would you feel if ...



it rained on the
day of your picnic?

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How would you feel if ...

8



the principal wanted you
to come to the office?

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How would you feel if ...



someone gave you a
surprise birthday party?

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

Name: _____



Bucket Fillers & Dippers

Bucket Fillers

Bucket Dippers

Feeling *all the* Feels!

I feel 😊 when _____

I feel 😍 when _____

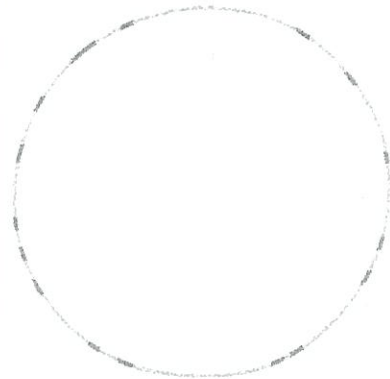
I feel 😂 when _____

I feel ○ when _____

I feel ○ when _____

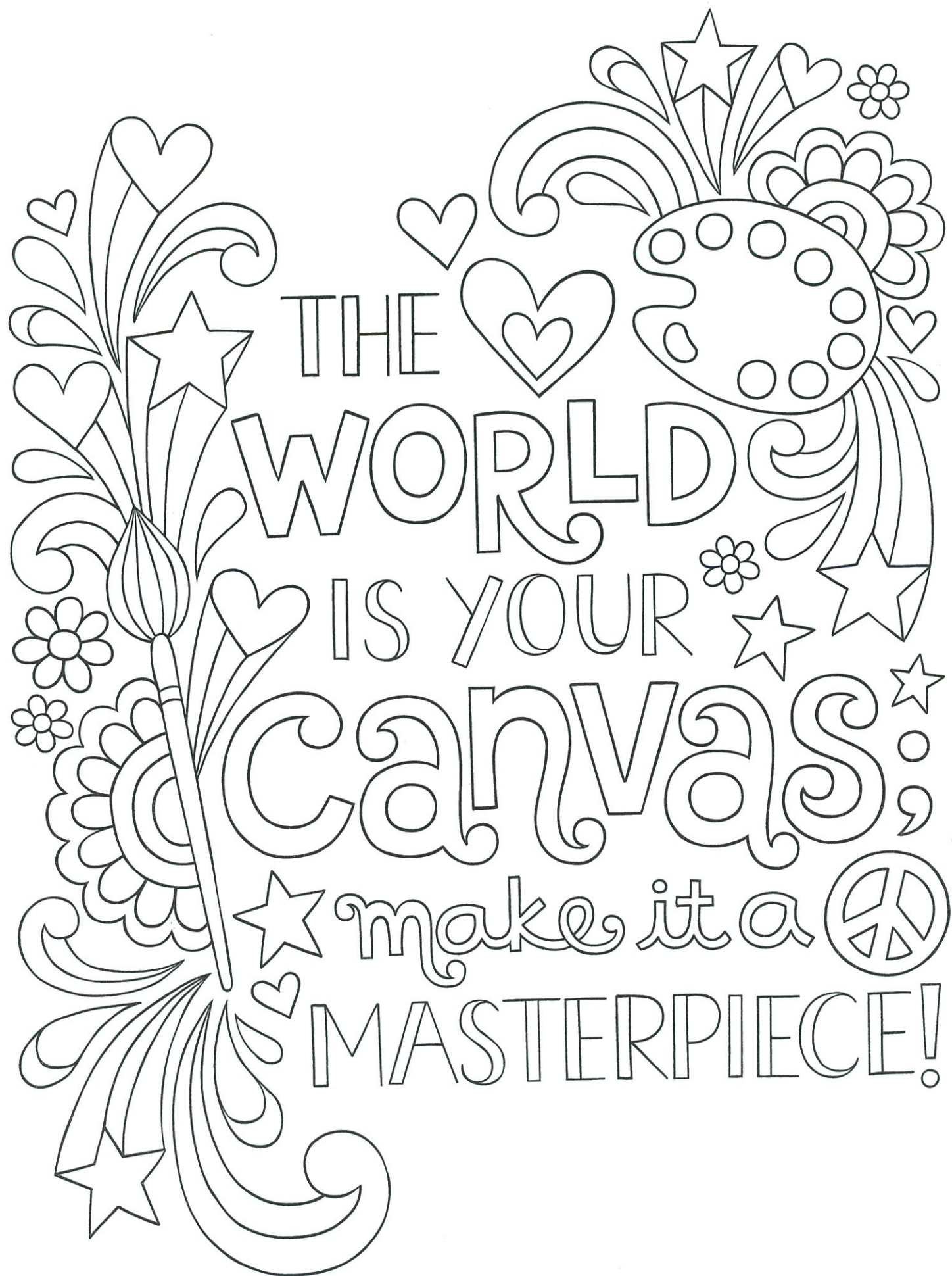
TODAY

I feel



★ 8 things I LOVE to do that ★
★ make ME feel GREAT! ★

Someone I can ALWAYS talk to about how I'm feeling is:



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):

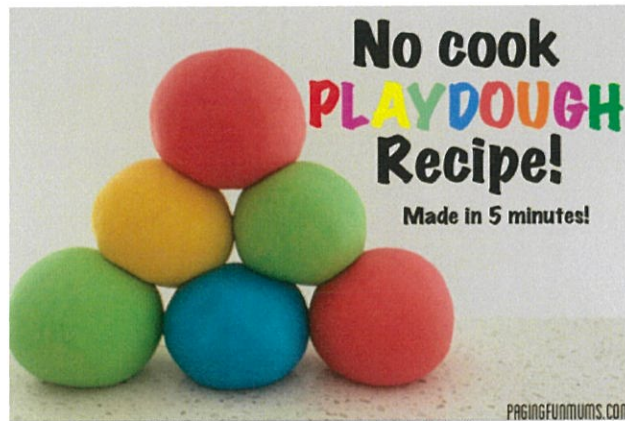
<https://www.youtube.com/watch?v=dcTt2AGPTu4>

Gratitude:

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

Empathy (for younger kids):

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



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

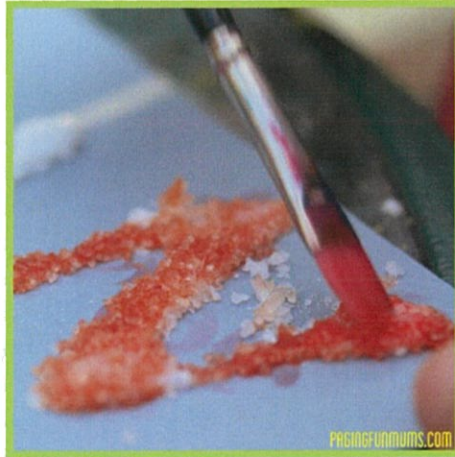
Directions

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!



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.

<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.



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



"There is someone there to listen"

Miranda Kerr - Ambassador for Kids Helpline

For more information about our services:

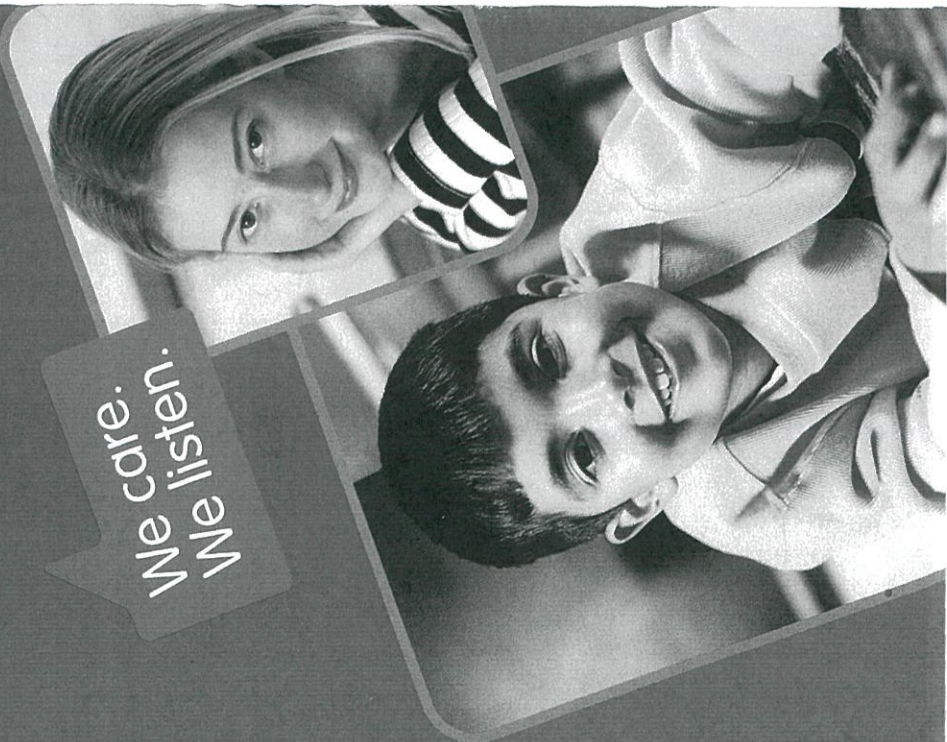
Phone: 07 3369 1588
Fax: 07 3367 1266
Email: admin@kidshelp.com.au
Mail: GPO Box 2469 Brisbane QLD 4001



Kids Helpline is a
service of BoysTown



We care.
We listen.



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?

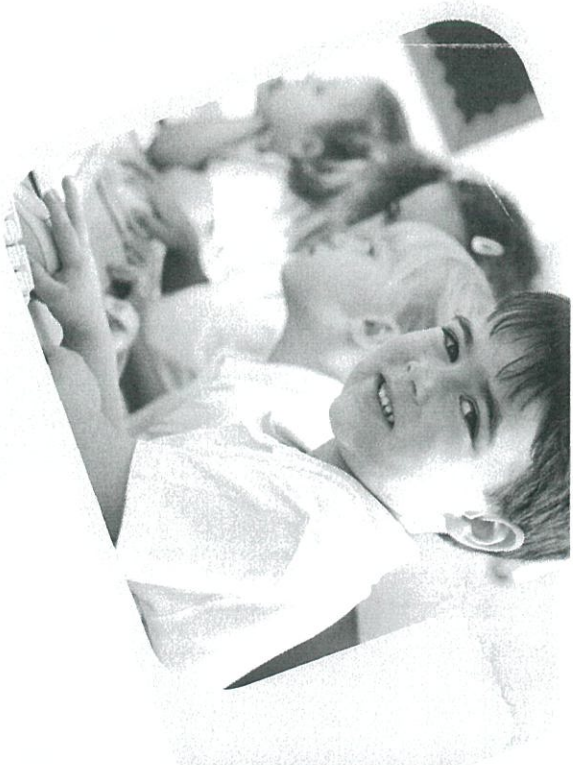
Our counsellors are tertiary qualified professionals who undergo additional specialised training at Kids Helpline.

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

