Positive Coping

What is your coping style? Do you engage in energetic activity or self-calming activities? Do you reach out to others in social activity? Do you like to shift your attention or get organised? Choose an activity that matches your coping style.

GRATITUDE

Go for a walk with added purpose...



STARRY NIGHT

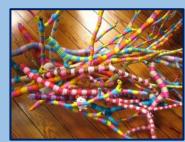
smiling mind sleep meditation



This meditation will help prepare you for a good night's sleep. It is best done lying down before bed or before taking a (power) nap.

YARN BOMB A STICK

Find a stick you like. Find some string, wool or other type of varn and tightly wrap it around the stick. You can change colours as many times as you like. You can do one or many sticks. Allow the wrapping to be your focus.



R U OK? DAY

Thursday September 10th.

Remember these 4 steps to starting a conversation



Ask RUOK?





3. Encourage action



A day to remind us to notice how our family and friends are feeling and to ask them "R U OK?"

R U OK? Day is trying to create a world where we all feel connected and cared for. We're never too young to look out for each other.

Family Fun

With so many roles competing for our time, it is easy to lose sight of the worklife balance. Carve out some time each week dedicated to having fun and connecting as a family!

SLIME

naredients

- · 250ml of PVA Glue
- 1 2 drops of food colouring (optional)
- . 1 teaspoon of baking soda
- 2 3 tablespoons of saline solution (contact lens solution)

- 1. Pour the glue into a medium bowl. Stir in the food colouring and
- 2. Add the baking soda to the glue mixture and stir until smooth. 3. Pour in 2 tablespoons of the contact lens solution and stir slowly The mixture should begin to harden, becoming stringy
- 4. Continue mixing slowly until a ball of slime forms
- 5. Pick up the slime and work between your two hands, until smooth. If the slime is particularly slimy, work in another 1/2



NO FUSS FAMILY FUN

- Create a Family Dance
- Build a Card Tower
- Watch a Documentary
- **Indoor Scavenger Hunt**
- Build an Obstacle Course
- Make Sock Puppets
- Write 'Thank You' Letters
- Go to the Zoo... Virtually

https://www.zoo.org.au/animals-at-home/

R U OK? DAY

Get the family together to sing and dance along to...

Together It's OK



How could you ask someone if they were ok? Who would you go to if you or someone you know is NOT OK?

Mrs Sheppard's Yummy Zucchini Brownies!

INGREDIENTS:



- 2 tsp vanilla extract cups self raising flour 1/4 cup cocoa (sifted) 2 eggs (lightly beaten) 1 tsp salt
- 2 zucchinis (finely grated) 1 cup milk chocolate chips 3 tbs pure icing sugar - 1 cup milk

METHOD:

Preheat oven to 180 degrees

Line a 20cm x 20cm cake tin with baking paper and set aside In a bowl combine sugar, oil, vanilla, flour, cocoa, eggs, milk and salt Stir in the zucchini and chocolate chips until combined

Bake for 30-35 minutes or until cooked through Cool and sift icing sugar over the top

Cut into squares

Eat.... and enjoy!!! YUM!