

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...



Gratitude Scavenger Hunt

1. Find something that makes you happy.
2. Something to give someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.

YARN BOMB A STICK

Find a stick you like. Find some string, wool or other type of yarn 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.



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.

R U OK? DAY

Thursday September 10th.

Remember these 4 steps to starting a conversation

1. Ask R U OK?
2. Listen
3. Encourage action
4. Check in

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 work-life balance. Carve out some time each week dedicated to having fun and connecting as a family!

SLIME

Ingredients

- 250ml of PVA Glue
- 1 – 2 drops of food colouring (optional)
- ¼ cup of glitter
- 1 teaspoon of baking soda
- 2 – 3 tablespoons of saline solution (contact lens solution)

What To Do

1. Pour the glue into a medium bowl. Stir in the food colouring and glitter, if desired.
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 ½ tablespoon of contact lens solution as needed.



from Medibank Health & Wellbeing

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?

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/>

Mrs Sheppard's Yummy Zucchini Brownies!



INGREDIENTS:

- 1 ½ cups raw sugar
- ½ cup vegetable oil
- 2 tsp vanilla extract
- 2 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
- ½ – 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
Pour mixture into prepared tin
Bake for 30-35 minutes or until cooked through
Cool and sift icing sugar over the top
Cut into squares
Eat... and enjoy!!! YUM!