



Inverloch and Kongwak Primary Schools



# Weekly Wellbeing Menu 1

Looking after our physical and mental health has never been more important... Which is why we are committed to continuing to provide opportunities for our students (and their families) to focus on their social and emotional wellbeing. It is important for us to maintain our connections with our community, our families and ourselves!

***This is a Menu... Choose one or choose them all!***

***We are all different and it is important that you choose what works for you and your family!***

## *Connect with Community*

While we maintain physical distance to work collectively for everyone's health and safety we believe it is important for us to stay connected to our school and wider community. Here are some fun ways to connect with the Inverloch and Kongwak Primary Schools and Community.

### **FANCY DRESS WALK**

Dress up in your finest fashions and go for a walk around town. Parents and Carers, that includes you! That old ball gown or suit that hides in the back of the cupboard... Now's the time! Smile and wave to the people you pass... Are YOU able tell if someone is smiling without being able to see their mouth? How many smiles can you count?

### **FANCY TOWN**

Decorate your house or fence or letterbox in their fanciest attire. Use your imaginations to bring a smile to those who walk past your house. How many 'Fancy Houses' do you see on your walks?



### **COMMUNITY CONTACTS**

Mind Full? Need to talk it out? Who can you reach out to? Parents/carers, teachers or another trusted adult?

[KidsHelpLine](https://www.kidshelpline.org.au/) is Australia's free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.

**1800 55 1800**

## Connect with Family

Our energy and emotions are contagious, and when we are home together every day, it's not always easy. Sometimes we have to try REALLY, REALLY hard to create positive energy and emotions in our homes. Sometimes we have to "fake it 'til we make it!" And that's okay! Here are some ways to have fun together as a family!

### HAVE A PICNIC

This does not need to be a perfectly packed lunch with a pretty picnic rug. This may be a tablecloth on the lounge room floor or even lunch served *UNDER* the dining room table! Rainy Day; Afternoon tea in the safety of your fort.

### WATER WORKS

Playing or working with water can be a calming sensory activity.

You may like to fill up the kitchen sink (or bath) and wash some toys, you may like to wash the windows outside or even wash a car.

### NUTRITIOUS SNACK



[Raw Chocolate Bark](#)

### SONG AND DANCE

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

[HAPPY - Pharrell Williams](#)



Can you make up a family dance routine? Brave enough to share it?

## Connect with Self

As we face the current changes and challenges, we will feel a range of different emotions. We deal with these demands by drawing on a range of coping strategies. Some strategies are more productive than others. Here are a range of strategies that may help you to cope with current changes and challenges.

### JOURNAL IT

Watch the following Bluey Episode '[Favourite Thing](#)' and complete this [Gratitude Reflection Sheet](#).

Share your thoughts with the people in your house. Challenge them to share their thoughts with you. Could this become a daily practice?

### MINDFULNESS

[What is Mindfulness?](#)

[Sea Creatures and Noticing Emotions](#)

If this activity helped you to feel calm, you may like to ask your parents/carers to set up a free account with Smiling Mind through the [website](#) or download the App.

### ART

Sand Writing/Drawing Wash Away

Take a family beach walk. As you walk the shore line, use a stick to write or draw about feelings or communicate a message. You may like to focus on feelings or messages that relate to the current situation that the whole world is in. Then let them wash away with the tide.

### ICE TO WATER

Imagine you are an ice block. Feel the coolness in your body. Scrunch up tight and hard like an ice block. Then notice warmth begin to take over and slowly let yourself melt into the floor. Rest. Repeat. Repeat Again...

