



Greenacre Public School

TOOLBOX/Wellbeing Grid

Stage 2

Complete one activity from each column every day.

<p>Draw a picture of your Quiet Safe place. Has it changed recently?</p> <p>Where is it and what does it feel like when you imagine yourself there. Try using it before you start this activity!</p>	<p>Draw a clock.</p> <p>For each section/hour write or draw a picture showing what you can do when you are using your 'taking your time' tool.</p> 	<p>Think about a time when you have used one of your tools from your Toolbox. Maybe it was the breathing tool, the personal space tool or the empathy tool. Write and draw about that experience and how it helped you to use that tool.</p>
<p>Find a flower or plant in your backyard or garden to smell or imagine you can smell a flower. Slowly breathe in through your nose and count 1, 2, 3 in your head. Hold your breath and count 1, 2, 3 in your head. Slowly breathe out through your mouth and count 1, 2, 3 in your head. Repeat with as many flowers you can think of or find.</p>	 <p>Draw a garbage bin outline like the one in our Toolbox. Inside the bin draw or write all the little things that you don't need to hold onto like harmful words or unkind actions that could be 'thrown away'.</p>	<p>Create your own little toolbox using some paper. You will need to cut it so that it is a square to begin.</p> <p>Draw some of the tools like the breathing tool (tape measure), personal space tool (ball of string), quiet/ safe place (earmuffs) and using our words tool (pencil) and cut them out. Add them to your little envelope/ Toolbox. You can look at these each day to remember all the tools you have inside you!</p>
<p>Read a picture book and do 5 star jumps every time you read the word 'and'.</p> 	<p>Talk together with someone at home about what it means to take 'time in' and 'time away'. Have the older person tell you what he/she gets from using time in and time away.</p>	<p>Write a 'thank you' list</p> <p>Writing a 'thank you' list is one way to slow down and appreciate the small (and big) things in your life. Draw or write down three things you are thankful for. You might be thankful for the delicious breakfast you had this morning.</p>
<p>Write a kindness letter to a classmate that you can give them when you return to school. Tell them what you like about them, what your favourite thing is about them and what you think they are great at.</p> 	<p>Create a physical education (PE) class for your family to participate in at the end of the day. Lead stretches, then play a game. When you are done, write a letter to your teacher to let them know how it went.</p>	<p>Measure your bedroom in lunges, bunny hops, and tiptoes. What other ways can you measure it?</p>
<p>Create and name a new type of stretch. Make a poster showing how to do the stretch. Tonight, after dinner, teach it to your family.</p>	<p>Fill a family member's bucket using your words tool and give them a smile, compliment or help with a duty or task within your household.</p> 	<p>Think about something that you are afraid of or worried about. Make a comic strip which shows you overcoming that fear.</p>