



Greenacre Public School

TOOLBOX, Wellbeing, NAIDOC Week Learning Grid

Stage 1

Complete one activity from each column every day.

TOOLBOX -

Taking Our Time Tool

Complete the Taking Our Time Tool Activity that was sent on Seesaw on Tuesday morning.

Physical Wellbeing

Move your body by hanging out the washing or vacuuming.

Emotional Wellbeing

Create a drawing, painting or construction using recycled materials to make an artwork that makes you smile.

TOOLBOX -

Patience Tool

Think of a time when you have had to wait patiently. Draw a picture of yourself with 3 speech bubbles saying things that will help you to wait with patience.

Cognitive Wellbeing

Draw a maze and ask a member of your family to complete it.

Physical Wellbeing

Using cushions, or items around the house, create an obstacle course or play Floor is Lava. Ask an adult to make sure it is safe first.

TOOLBOX -

Breathing Tool

Find a quiet space to lay down on your back with your hands by your side. Put some rainforest sounds on. Breathe in through your nose and out through your mouth for 5 minutes.

Emotional Wellbeing

Take 5 minutes to sit outside in your backyard. Close your eyes and listen to all the things that you can hear.

Cognitive Wellbeing

Create a secret handshake with your parent or sibling and upload it to Seesaw.

Can you hear birds chirping or the wind blowing?

TOOLBOX -

Listening Tool

Think about a time when someone didn't listen to you. Draw or write about how this made you feel and why. Explain how you could have asked them to listen to you using your words.

Spiritual Wellbeing

Write about the things you are grateful for each day

Social Wellbeing

Play a card game with your siblings.

<p>TOOLBOX - Garbage Can Tool</p> <p>Write two sentences on a piece of paper. One sentence is a small problem and the second sentence is a big problem that you have faced before. Scrunch up and throw away the small problem. How does this make you feel?</p>	<p>Physical Wellbeing</p> <p>Set up a space where you can complete a mini workout session. Complete all of the activities, if you have more energy, you can complete them all again.</p> <ul style="list-style-type: none"> ● Sprint run ● 10 star jumps ● 10 squats ● Plank for 20 seconds ● 10 Sit ups 	<p>Spiritual Wellbeing</p> <p>Lay down outside and look at the sky. Let your imagination run wild. What can you see in the clouds?</p>
<p>TOOLBOX - Quiet/Safe Place Tool</p> <p>Choose a space in your home or backyard and create a quiet/safe place of your own. When do you like to use your quiet/safe place? Let your teacher know!</p>	<p>Cognitive Wellbeing</p> <p>Practise the lyrics to your favourite song. Can you remember all the words and sing it in tune?</p>	<p>Social Wellbeing</p> <p>Complete a virtual workout with a friend or family member - use FaceTime, WhatsApp or another virtual site.</p>
<p>NAIDOC Week</p> <p>The theme for NAIDOC Week this year is 'Heal Country'. What does that mean to you? Write or record a video telling your teacher what you think 'Heal Country' means.</p>	<p>NAIDOC Week</p> <p>Draw a picture showing how you are going to 'Heal Country'.</p>	<p>NAIDOC Week</p> <p>Create a dance representing Australian animals. Perform your dance for your family. If you have any empty toilet paper or paper towel rolls, use them creatively to make some clap sticks or a rainstick to add music to your dance.</p>