

A day to look
after your
wellbeing

WEEK 9 "FOR YOU FRIDAY" - YEARS 7 -10

cognitive,
physical,
emotional,
social and
spiritual
wellbeing
activities

START THE DAY WELL

Roll Call - You MUST attend roll call.

Wear your **HOUSE COLOURS** to get house points!

Period 1:

Get Quizzing!! [Trivia](#) with Miss Winter.

OR

[Design your own Kahoot!](#) and challenge your friends or family

CREATING

Period 2:

Join Phoebe and Jarrod for some hands-on [Art Making and Mindfulness](#) activities.

OR

Do some [Yoga](#) with Cosmic Kids on YouTube.

OR

Make some **Positive Affirmation Cards** - I am grateful for...
I am proud of...I feel calm when... My smile is ...

GET SOCIAL

Period 3:

Learn how to [Beat-Box](#) with Mr Leggett!

OR

Visit [Scienceworks](#) to go on a virtual tour! Or have fun with the At-Home activities to make things like slime, or a marble-run.

OR

Search [Australian Reptile Park](#) on Youtube to watch the amazing videos created about animals.

LET'S GET PHYSICAL:

Special Event - RUOK? Online Disco with professional DJ's.

1.00pm - Wear something YELLOW

Join [HERE!](#)

Other schools have had 500 students at their disco - can we beat this???

OTHER ACTIVITIES TO TRY:

- Start a jigsaw.
- Build some Lego.
- Read a book.
- Play a board game or cards.
- Write a handwritten letter to a family member or a friend. Prepare an envelope to be able to send your letter.
- Cook a meal for your family to enjoy tonight.
- Follow Mr Trace's Physical Challenges on HRHS Facebook page.
- Go for a 30 minute walk, take your pet if you have one.
- Take a nature walk, capture your favourite pieces of nature with a photo.

REMEMBER.....

No technology for the afternoon move away from your screen and do something relaxing.

Try to do at
least five
wellbeing
activities
each Friday