

R U OK? DAY

activities

Simple ways to connect, support each other, and spread kindness on R U OK? Day!

Write a kind note or card for someone at home.

Call or video chat with a family member or friend and ask how their day was.

Go for a mindful walk and notice 5 things you can see, hear, and feel

Say 'Today I feel...' and draw a picture of your feeling to share with someone.

Make a "Feelings Face" poster to show different emotions.

Ask someone at home: "How are you really feeling today?"

Write 3 questions you could ask someone to show you care.

Create a poster with the words 'R U OK?' using bright colours & patterns to make it eye-catching.

Make a comic strip about a character who helps their friends.

Make a "calm corner" with your favourite book, blanket, or toy.

Share one thing that made you smile today.

Share a toy, game, or snack with a sibling or friend.

Draw a chalk drawing on your driveway or foot path to brighten up someone else's day!

Make some positive affirmation cards.
I am grateful for...
I am proud of...
I feel calm when...

Make a care package with a card & craft to a friend or family member to show them you care.

Create a 'happy dance' to your favourite song. Share it with someone to make them smile.

Interview an adult. Ask them what R U OK? Day means to them.

Learn some breathing exercises to help you relax when you are feeling upset or worried.

Create and act out a short play about kindness.

Choose some songs that cheer you up and share them with your family or friends to brighten their day.