Term 4 Wellbeing Survival Kit

Finish the year feeling supported, connected and confident

openparachute®

We've put together some simple wellbeing activities to help students, educators and families navigate the busy end-of-year season.

For Students

3 quick check-in questions (can be done individually or as a group):

- What are you looking forward to?
- What's feeling hard right now?
- What would help you feel supported?

For Teachers

Choose ONE small wellbeing challenge each week:

- Take one task off your plate.
- Try a two-minute reset.
- Celebrate a small win.
- Check in with a colleague

For Caregivers

5 conversation starters to share at home:

- How are you feeling today?
- What was the best and hardest part of your day?
- Who made you smile today?
- Is there anything you need help with?
- What are you excited about this week?

A little reminder: You don't need all the answers. Sometimes, simply listening helps someone feel seen, heard, and understood.