

Specialist & Wellbeing Webex Activities Timetable

Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:00AM-10AM	9:00-9:15AM - Daily Morning Movement Wake Up with Dane				
10:00AM-11:00AM					
11:00AM-11:30AM	Recess				
11:30AM-12:30PM		P-2 Zine Making <i>with Sticky Institute (& Francine and Kylie)</i>	P-2 Just Dance <i>with Jasmine</i>	P-2 Spanish Cultural Fusion Session (Spanish Fiesta) <i>with Irene & Javier</i>	
12:30PM-1:30PM	P-2 'Mindfulness Alphabet' book reading and forcefield art activity session <i>with Francine & Aasta</i>			3-6 Zine Making <i>with Sticky Institute (& Francine and Kylie)</i>	
1:30-2:15PM	Lunch				
2:15PM-3:15PM	3-6 Spanish Cultural Fusion Session (Spanish Fiesta) <i>with Irene & Javier</i>	3-6 Household Rhythms <i>with Jasmine</i>	3-6 'Hey Awesome' book reading and express yourself art activity session <i>with Francine & Aasta</i>		

Session & Description	Materials Needed for Session	Webex Details
<p>9:00-9:15AM - Daily Morning Movement Wake Up with Dane</p> <p><i>During these sessions you will wake up your body, ready for the day, with some exercise, yoga or meditation.</i></p>	<ul style="list-style-type: none"> Your body and some space! 	<p>Meeting link: https://eduvic.webex.com/eduvic/j.php?MTID=mb15d54ec6840431ede9d8097228421b0</p> <p>Meeting number: 165 024 8092 Password: mindfulness</p>
<p>Monday 12:30PM-1:30PM - P-2 'Mindfulness Alphabet' book reading and forcefield art activity session with Francine & Aasta</p> <p><i>During this session you will be reading the Mindfulness Alphabet book. You will then be invited to collect found objects to create your own mindful forcefield.</i></p>	<ul style="list-style-type: none"> Found objects from around your house - we will give you more information during the session. A camera, iPhone, iPad 	<p>Meeting link: https://eduvic.webex.com/eduvic/j.php?MTID=me5be91b58615173c0eb4b8cfac1b376e</p> <p>Meeting number: 165 227 8799 Password: mindfulness</p>
<p>Monday 2:15PM-3:15PM - 3-6 Spanish Cultural Fusion Session (Spanish Fiesta) with Irene & Javier</p> <p>During this session we are going to learn about some popular Spanish Fiestas and create some decorations for our School Spanish Fiesta on the 26th of August.</p>	<ul style="list-style-type: none"> Two A4 colour paper (or A3 colour paper) <ul style="list-style-type: none"> Piece of string -Glue stick Colour markers or pencils Positive Spanish vibes 	<p>Meeting Link: https://eduvic.webex.com/eduvic/j.php?MTID=ma0d26e2f6aa49f34d8557c4e1bbf1a5e</p> <p>Meeting Number: 165 518 9517 Password: fiesta</p>

<p>Tuesday 11:30AM-12:30PM - P-2 Zine Making <i>with Sticky Institute (& Francine and Kylie)</i></p> <p>Join the legendary expert zine makers - Sticky Institute - for a zine making session that will bring your emotions & wellbeing zine ideas to LIFE!</p>	<ul style="list-style-type: none"> • Two A4 paper • Scissors • Glue stick • Magazine • Drawing and art making materials 	<p>Meeting link: https://eduvic.webex.com/eduvic/j.php?MTID=mbd694f8baa23d13a13604b601d136359</p> <p>Meeting number: 165 438 7117</p> <p>Password: zinemakers</p>
<p>Tuesday 2:15PM-3:15PM - 3-6 Household Rhythms <i>with Jasmine</i></p> <p>Wrap up your day with some noise! Use whatever you can find at home and join Jasmine in creating some awesome rhythms.</p>	<ul style="list-style-type: none"> • Positive vibes! • Household objects to use as percussion instruments 	<p>Meeting link: https://eduvic.webex.com/eduvic/j.php?MTID=mdf2f376872ff146db679168fd6223360</p> <p>Meeting number: 165 148 6702</p> <p>Password: rhythm</p>
<p>Wednesday 11:30AM-12:30PM P-2 Just Dance <i>with Jasmine</i></p> <p>Take a break from your school work... Get active and get your groove on with Jasmine!</p>	<ul style="list-style-type: none"> • Positive vibes • Awesome dance moves 	<p>Meeting link: https://eduvic.webex.com/eduvic/j.php?MTID=m9af5a36e8d09c1329680e29a33f91fa0</p> <p>Meeting number: 165 832 8232</p> <p>Password: dance</p>
<p>Wednesday 2:15PM-3:15PM 3-6 'Hey Awesome' book reading and express yourself art activity session <i>with Francine & Aasta</i> <i>During this session you will be reading</i></p>	<ul style="list-style-type: none"> • Pencils or Markers • Paper 	<p>Meeting link: https://eduvic.webex.com/eduvic/j.php?MTID=m205ff0f8d66e0b0ab9a1b47b13549fd3</p> <p>Meeting number: 165 335 7235</p> <p>Password: mindfulness</p>

<p><i>'Hey Awesome' and expressing yourself by creating your own message placard.</i></p>		
<p>Thursday 11:30AM-12:30PM P-2 Spanish Cultural Fusion Session (Spanish Fiesta) <i>with Irene & Javier</i> During this session we are going to learn about some popular Spanish Fiestas and create some decorations for our School Spanish Fiesta on the 26th of August.</p>	<ul style="list-style-type: none"> • Two A4 colour paper (or A3 colour paper) <ul style="list-style-type: none"> • Piece of string • Glue stick • Colour markers or pencils • Positive Spanish vibes 	<p>Meeting Link: https://eduvic.webex.com/eduvic/j.php?MTID=mf419438417a8ed295b0abcd0d42e97d Meeting Number: 165 473 0418 Password: fiesta</p>
<p>Thursday 12:30PM-1:30PM 3-6 Zine Making <i>with Sticky Institute (& Francine and Kylie)</i> Join the legendary expert zine makers - Sticky Institute - for a zine making session that will bring your emotions & wellbeing zine ideas to LIFE!</p>	<ul style="list-style-type: none"> • Two A4 paper <ul style="list-style-type: none"> • Scissors • Glue stick • Magazine • Drawing and art making materials 	<p>Meeting link: https://eduvic.webex.com/eduvic/j.php?MTID=mf76e1a5d253e450787d255997a664794 Meeting number: 165 059 7663 Password: zinemakers</p>