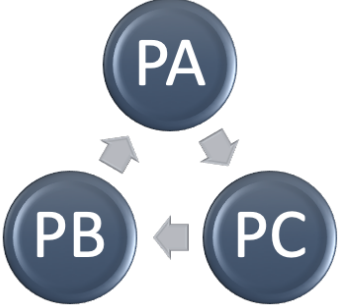
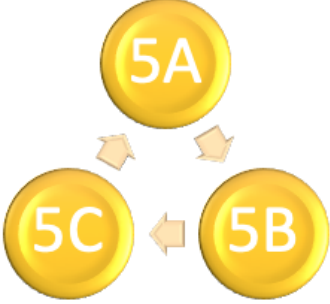
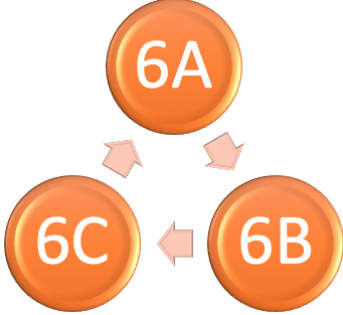


# Ormond Well-Being 'Open Afternoon Workshops' Itinerary

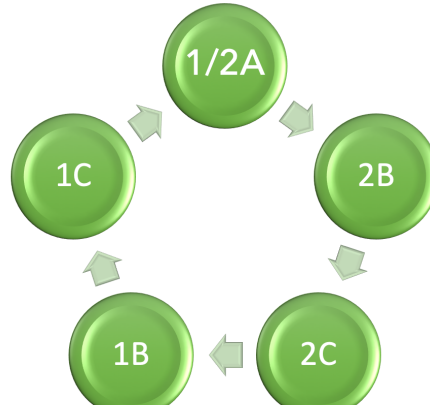
<b>PA</b> (25mins)	Who - Jacinda Milozakowsky, students and parents. Where - Jacinda's room What - Showing an understanding of the school values	
<b>PC</b> (25mins)	Who - Laura Cecil, students and parents. Where - Laura's room (Room 13) What - Mindfulness session, focus games	
<b>PB</b> (25mins)	Who - Lorraine Bell, students and parents Where - Lorraine's Room (Room 12) What - Recognising emotions, Getting along with others	

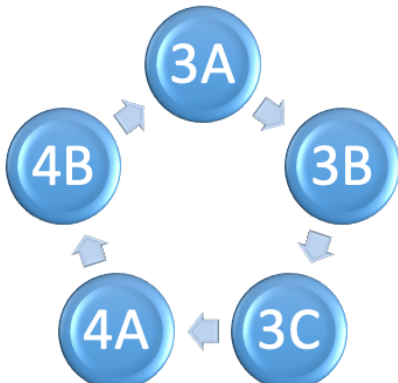
<b>5A</b> (25mins)	Who - Courtney Mason, students, parents Where - Outside and classroom What - Who to turn to who to thank Yr 5-6	
<b>5B</b> (25mins)	Who - Melissa Kah, students, parents Where - Classroom/Outside What - Thinking about trust and courage RRRR	
<b>5C</b> (25mins)	Who - Michael Pannam, students, parents Where - classroom What - Help seeking, I wonder if I need help with this? RRRR	

<b>6A</b> (25mins)	Who - Teachers, Parents, students Where - 6A Red room What - Expressing Feelings - Role play	
<b>6B</b> (25mins)	Who - Teachers, Parents, students Where - Room 2 What - Smiling Mind - Mindfulness	
<b>6C</b> (25mins)	Who - Teachers, Parents, students Where - Blue Room What - Positive Conversations	

# Ormond Well-Being

## 'Open Afternoon Workshops' Itinerary

<b>1B</b> (25mins)	Who - Teacher and Students Where - 1B classroom- room 8 What - Mindfulness - Colour spot and guided meditation	
<b>1C</b> (25mins)	Who - Teacher and Students and visitors Where - 1C - room 8 What - RRRR- Cheering up and Calming Down	
<b>1/2A</b> (25mins)	Who - Effie Liarakos, students and visitors Where - 1 / 2 classroom -room 11 What -Yoga -10 mindful steps & meditation	
<b>2B</b> (25mins)	Who - Helene Ioannou, students and parents Where - Room 1 What - Recognising emotions, Getting along with others	
<b>2C</b> (25mins)	Who - Amelia Delaney, students and parents Where - 2C Classroom/ Korean Room What - Showing Gratitude, Empathy and Mindfulness	

<b>3A</b> (25mins)	Who - Rae Galvin, students and parents Where - 3A classroom (Room 6) What - RRRR: Strengths we use every day	
<b>3B</b> (25mins)	Who - Kim Stewart, students and visitors Where -3B classroom What - RRRR: Understanding strong emotions	
<b>3C</b> (25mins)	Who - Jack Capicchiano, students and parents Where - 3C classroom (Room 4) What - RRRR: Problem solving - Roads and roundabouts.	
<b>4A</b> (25mins)	Who - Mr Workman, students and parents. Where - Inside the Orange room, near the atrium. What - RRRR : Stress management - Calming and coping.	
<b>4B</b> (25mins)	Who - Ms Hudson, students and parents. Where - Inside the Green room, near the atrium. What - 'Calm kids' Mindfulness practices	