

## Wellbeing Day - Choice Activity Grid

|            |                      | Activities   |  |   |  |   |   |   |   |
|------------|----------------------|--|--|---|--|---|---|---|---|
| Categories | Physical Activity    | Complete a 30 minute online exercise class: Zumba or dance   | Complete a fitness circuit 5 times:<br>10 Burpees, 10 sit ups, 10 push ups, 10 step ups.                         | Go rollerblading, skating, skateboarding for 30 mins                                    | Keep a balloon off the ground with any part of your body.<br>Throw a ball up to yourself, how many claps can you do before you catch the ball 1 handed/2 handed? | Complete a 30 minute run or 1 hour walk<br>And/or<br>Complete a 5km bike ride | Create an obstacle course with 10 obstacles in your backyard (ie go under a chair, over some boxes, around some posts). What is your best time? | <p><b>WHAT IS CIRCUIT TRAINING?</b><br/>Circuit training is a fast paced body conditioning workout method that combines several strength training and high intensity aerobic exercises (4-10 exercises) to create a circuit.</p> <p>1. Squats 60 secs<br/>2. Push-ups 60 secs<br/>3. Jumping Jack 30 secs<br/>4. Lunges 45 secs<br/>5. Plank 30 secs<br/>6. Side Lifts 30 secs</p> <p><small>FITWELL.COM © 2016</small></p> |   |
|            | Creative Mindfulness | Write in a journal or write a letter to your younger self from 5 years ago – what advice would you give? | Create a top 10 playlist of your favourite songs and share with a friend   | Collate photos and create a family collage, live event photo wall or photobook          | Find and participate in an online yoga session   | Practice guided meditation or complete a complex puzzle                       | Learn to sew a button on a shirt or skirt or try knitting   |   | Do some mindful colouring in or get some chalk and write positive message on the footpath outside your home |
|            | Service              | Wash, dry and iron a load of washing   | Help prepare and serve lunch/dinner  | Wash the family pet   | Help with the food shopping, including writing a list  | Wash the car/s  | Vacuum and sweep the house or do a household chore that one of your family members usually does   |   | Complete 1 hour of gardening  |
|            | Cooking              | Cook a traditional family recipe   | Research a new recipe and cooked this for the family   | Bake a special treat e.g. chocolate cake  | Cook an egg 3 different ways:<br>Scrambled, fried, boiled  | Plan and prepare a healthy and nutritious energy snack e.g. protein balls     | Prepare something scratch e.g. bread, pasta, pizza base   |   | Experiment and invent a new smoothie flavour, share it with your friends                                    |
|            | Social               | Call a relative that you haven't seen for a long time  | Write or email a letter of gratitude to your Dad or a male role model or relative in the lead up to Fathers' Day | Meet a friend that you don't normally meet up with for physical activity and connection | Say hello to 5 people as you pass them on a walk   | Play a board game with family   | Play an online board game with friends  |   | Reach out to at least 3 new people within the year level and have a phone call discussion                   |
|            | Outdoors             | Develop a unique skill you have not succeeded in before e.g. juggling                                    | Take 6 photos of different landscapes highlighting winter/spring weather   | Visit 3 local parks or nature walks in the local community                              | Lie outside in your backyard, on the balcony or at a park and find shapes in the clouds  | Collect 5 different leaves and make a collage                                 | Make your way around your local area and find street names starting with at least 10 different letters of the alphabet                          |   | Find street signs where the first letter spells out your name and take photos of each                       |