



Wellbeing Activities Term 3

Social Health

Feel like you want to connect with others?

<p>Hall Cricket</p> <p>If you don't have a garden but your home has a hall, grab the rest of the household, break out the beach cricket set and line those stumps up, (a homemade set will do just as well). Just try to use a very softball, because a cricket ball or tennis ball could cause damage.</p>	<p>Sock toss</p> <p>Roll socks into balls and position two teams at opposite ends of the room (obviously you can only use your household members for this). Try to throw socks into the 'goals' of each other's team. The winner is the one who gets the most socks to the other end.</p>	<p>Host a Kahoot Quiz</p> <p>Get your friends & family together virtually & take turns hosting a quiz. Create your own or find a quiz at https://kahoot.com/ Players can join in at https://kahoot.it/</p>
<p>Virtual Lunch</p> <p>Connect with your friends during the day & instead of the school yard, have lunch together online.</p>	<p>Make a Playlist</p> <p>Start a lockdown 'Quarantunes' playlist with your friend.</p>	<p>Quaran-Memes</p> <p>Set up a WhatsApp group with your friends, name it 'Quaran-memes' and share all the best corona memes you see.</p>
<p>I Remember When....</p> <p>Check out your timelines, photos etc from 1 year ago. What were you up to? Talk to your friends about what you discover & have a 'nostalgia party'.</p>	<p>Book Club</p> <p>What! I've to read a book!! Ok, so if you're not a book lover pick something else - magazine, online video, TV show. Whatever you choose, get together with friends & discuss your thoughts.</p>	<p>Share Something Positive</p> <p>Share 1 positive thing that has happened for you today with a friend or family member & ask them to do the same.</p>
<p>Have a Laugh</p> <p>LOL Squad are a team of funny peeps aged 14-18, selected from the Class Clowns program. The latest crew have been hard at work creating a series of hilarious sketches. https://www.artscentremelbourne.com.au/community/content-hub/together-with-you/families/lol-squad</p>	<p>Stay Connected Tips</p> <p>We all have to play our part in the fight to #flattenthecurve and unfortunately physical distancing is a big part of that. As a result, you probably haven't been able to stay connected with friends like you normally would. But never fear, there are actually heaps of fun ways of connecting with your friends, without breaking the law! We got together with FlexMami to bring you our ultimate tips for staying socially connected, even when you're physically apart. https://au.reachout.com/articles/connecting-during-coronavirus</p>	<p>Talk to Someone different.</p> <p>eHeadspace group chat 6 – 10pm daily via https://headspace.org.au/eheadspace/</p>  <p>Lead by a headspace professional, group chats let young people connect in an anonymous environment with others just like them on a range of helpful topics. Reachout Forums via https://forums.au.reachout.com/</p>  <p>A place for 14 – 25-year old's to chat, connect and support each other in a safe anonymous online environment on a range of different topics.</p>

Physical Health

Feel like you want to be active?

<p>Try to Break a World Record</p> <p>To find the full list of world records go to https://guinnessworldrecords.com/. You don't have to be an athlete; you could try to beat the most smarties eaten blindfolded using chopsticks. https://guinnessworldrecords.com/world-records/most-smarties-eaten-in-1-minute-blindfolded</p>	<p>Learn to Juggle</p> <p>If you don't have 3 balls handy try rolled up socks instead. https://www.youtube.com/watch?v=p4_IUMS4yc8</p>	<p>Wash the Car/Mow the Lawn</p> <p>Ok, so this isn't likely to be a popular choice, but consider the serious brownie points you will earn by doing this & there may even be a financial benefit. However, the greatest benefit will be for you – it'll get you moving & doing something nice for someone else is a real mood booster.</p>
<p>Push Up/Sit Up Challenge</p> <p>How many push ups or sit ups can you do? Challenge yourself, family or friends to see who can do the most in 60 seconds or who improves the most over lockdown.</p>	<p>Skipping Rope Workout</p> <p>Grab a skipping rope or any rope you can find & get your heart pumping. https://www.youtube.com/watch?v=tR04agiB2ps</p>	<p>Desktop Drumming</p> <p>For a more sedate exercise try your hand at desktop drumming. It's also a great brainbreak. https://www.youtube.com/watch?v=2-MpzjxEVBU</p>
<p>Burpee Challenge</p> <p>To learn how to do a burpee – https://www.youtube.com/watch?v=auBLPXO8Fww</p> <p>See how far you can go in this challenge. In the 1st minute complete 1 burpee & rest for the remainder of the minute. In the next minute do 2 burpees & rest for the remainder. The next minute 3 burpees & continue</p>	<p>Go for a Walk</p> <p>Simple & straight forward. Take notice of the sounds you hear, how the ground feels under your feet, how the air smells.</p>	<p>Dance While Nobody's Watching</p> <p>Have an isolation boogie in your bedroom with Phoenix Youth Hub https://www.maribyrnong.vic.gov.au/phoenix-youth-hub/Programs/Isolation-Creations-by-Phoenix-Productions/Move</p>
<p>Yoga</p> <p>20 min MORNING YOGA (Full Body Flow/Stretch for Beginners) https://www.youtube.com/watch?v=vJMbsWrGMVA</p> <p>Yoga for neck, shoulders and upper back 15min https://www.youtube.com/watch?v=4vTJHUB5ak</p> <p>10 Minute Yoga Workout Lose Your Belly Fat https://www.youtube.com/watch?v=k_nK89g-69w</p>	<p>Dance Workout</p> <p>30 Mins Aerobic Dance Workout - Bipasha Basu Break free Full Routine - Full Body Workout https://www.youtube.com/watch?v=tj9d6aBQzDo</p>	<p>Online fitness and workouts – plus more</p> <p>On Virtual Y, you have access to great range of fitness, nutrition, wellbeing programs, as well as dedicated spaces that cater to families and our youth community.</p> <p>You can keep fit through workouts and training at home; learn all about nutrition with our delicious recipes and Healthy Living Magazine; look after your wellbeing with mindfulness practices; learn with your family with home activities; and engage with like-minded young people through our Youth Space. https://virtually.ymca.org.au/youth-space</p>

Mental Wellbeing

Feel like you want to improve how you are feeling?

<p>Read a Book</p> <p>Why not? It's like a movie in your head. It can also ward off anxiety and depression, which is an added bonus. Pro-tip: fiction is good for the soul; non-fiction is good for the soul.</p>	<p>Learn Something New</p> <p>There's a multitude of online tutorials to learn a new skill. You could always start with Phoenix Youth Hub for some ideas. https://www.maribyrnong.vic.gov.au/phoenix-youth-hub/Programs/Isolation-Creations-by-Phoenix-Productions/Learn</p>	<p>Write a Bucket List</p> <p>What are some of the things you really want to do? Some you may even manage while in lockdown. Write your list, keep it private or share & compare with family & friends.</p>
<p>Mental Fitness Challenge</p> <p>Improve your friendships, learn how to deal with stress, how to set goals and stick to them as well as having the chance to win 1 of 6 \$50 vouchers for your favourite brand with our Mental Fitness Challenge. https://www.biteback.org.au/</p>	<p>Make a Bored Jar</p> <p>Take a jar or something with a lid & come up with as many things as you can do to have fun during lockdown. Every time you want to yell, "I'm boored!", take a look in your jar.</p>	<p>Make a Time Capsule</p> <p>Imagine digging up dig up your own time capsule as an adult in the future and finding out what was important to you all those years ago? You can find some ideas here https://www.nma.gov.au/learn/diy/time-capsule</p>
<p>Digital Declutter</p> <p>Just like our physical spaces, our digital spaces benefit from a de clutter as well. Not only will it make it easier to find that research article you needed or that all important cat video clip, a de clutter will give you a sense of achievement & can be a great de stressor. For some tips try: https://www.lifehack.org/articles/technology/10-digital-decluttering-projects-you-need.html</p>	<p>Gratitude</p> <p>Watch 'Gratitude' a short film by Louie Schwartzberg https://www.youtube.com/watch?v=cpkEvBtyL7M</p> <p>Think About: 'By cultivating gratefulness, we are freed from envy over what we don't have or who we are not. It doesn't make life perfect, but with gratitude comes the realisation that right now, in this moment, we have enough, we are enough.' Engage in the following reflection regarding your friends or family. Thankful friends: →Picture a close friend or family member. → Write their three best qualities – the ones that make you truly grateful they are in your life. For example, how they follow through on their plans and never ghost you, or the way they always make you laugh when you feel down</p>	<p>Mindfulness</p> <p>Try this simple grounding exercise: 5 things you see 4 things you feel 3 things you hear 2 things you smell 1 thing you taste</p>
<p>Meditation</p> <p>5 Minute Quick Anxiety Reduction - Guided Mindfulness Meditation https://www.youtube.com/watch?v=MR57rug8NsM Guided Mindfulness Meditation for the Morning: Starting the Day (15 minutes) https://www.youtube.com/watch?v=sWrgKDzM0LU&pbjreload=101 Mindfulness Bell – A 5 minute mindfulness meditation https://www.youtube.com/watch?v=wGFog-OuFDM&list=RD-ar9vsmFhJU&index=4</p>	<p>Mindfulness Take 2</p> <p>Forest Walk Meditation for Renewal and Encouragement 10 mins https://www.youtube.com/watch?v=hM2WKavXzVM Progressive Muscle Relaxation for Sleep / Melt Away Stress & Tension Guided Visualization 30 Mins https://www.youtube.com/watch?v=B3anDh-jxw4</p>	<p>Be Kind to Yourself</p> <p>First, take stock of the things you honestly do to take care of yourself. Ask yourself what you do rather than what you perhaps think you should do, (but don't?). Make an actual list. Remind yourself of your good qualities and accept that you have these! Write them down in a creative way so you remind yourself. Give yourself a morale boost by reminding yourself of your past successes. Aim to improve, one step at a time-no one is perfect!</p>