



wellbeing plan



ways to get rid of boredom:

people i trust & can talk to:

- An adult i trust, like a parent, mentor or family member
- my best friend
- my sibling



- Spending time with my pet
- walking
- playing a game
- inviting others over or going to a friends house
- thinking of a fun project to start
- music
- YouTube
- reading/writing
- arts and crafts



what things do I want to do over the holidays??

professional support::



- Kidshelpline: 1800 551 800 - webchat available
- lifeline: 13 11 14 - webchat available
- QLife: 1800 184 527 - webchat available
- 1800 Respect: 1800 737 732



things that make me overwhelmed

- being alone
- having nothing to do
- loud noises/yelling
- pressure
- conflict



Apps to keep me distracted

Calm Harm | Smiling Mind | Headspace | Clear Fear | Niggle



remember to get outside!