

Wellbeing Brain Breaks - Social, Emotional and Family Activities

Use this grid during your breaks to give you brain a chance to recharge from all of your hard work

Use tally marks to record how many times you've done each activity.

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<p>Draw a picture of you doing something kind</p>	<p>Draw a picture story with your family. Each person draws a section of the story.</p>	<p>Tell a parent why you love him or her</p>	<p>Help set the table for dinner each night.</p> <p>Su M Tu W Th F Sa</p>	<p>Sit or lay on a soft surface and close your eyes for 10 minutes. Write down what you felt.</p>	<p>Draw and illustrate your family tree.</p>
<p>Cook a yummy treat with an older family member.</p>	<p>List down the things that you are grateful for today</p>	<p>Create a family portrait.</p>	<p>Think of a way to cheer someone up that is having a bad day.</p>	<p>Lay outside and watch the clouds (if there are any). Do not do this if it is raining ☹️</p>	<p>Listen to some classical music for 15 minutes. Discuss how it made you feel with your family members</p>
<p>Write a letter to yourself about how you feel right now and what you're looking forward to once things are back to normal.</p> <p>Put it in an envelope to read later.</p>	<p>Ask your parent/carer to teach you a game that they played as a child.</p>	<p>Build a fort in your lounge room with household items (ask permission first).</p>	<p>Draw a picture of yourself asleep and annotate with the important reasons of a good night's sleep,</p>	<p>Surprise your Mum or Dad and do a job or a chore for them that they normally would do. Do this without them knowing.</p>	<p>Tell someone a funny joke. Make up some jokes of your own.</p>
<p>Watch some Yoga on YouTube. Focus on doing three of the stretches each day until you master it.</p> <p>Su M T W T F Sa</p>	<p>Choreograph a dance to your favourite song.</p>	<p>Sit for five minutes to complete controlled breathing. Breathe deeply down into your tummy, through your nose and slowly release your breath out through your mouth.</p>	<p>Write a rap using as many of your spelling words as possible (use your soundwave book for the list words).</p>	<p>Read some Dreamtime stories. Create your own Dreamtime story.</p>	<p>Come up with a cool alternative to a handshake (without touching) with a member of your family.</p>
<p>Take a virtual trip to the Melbourne Zoo!</p> <p>https://www.zoo.org.au/animal-house/</p>		<p>Explore the Louver museum in Paris.</p> <p>https://www.louvre.fr/en/visites-en-ligne#tabs</p>	<p>Enjoy some personal space by going into outer space!</p> <p>https://accessmars.withgoogle.com/</p>		