

# Autism Hub

making a difference

## Wellbeing activities Years 3 – 4 (Edition 1)

<i>Spidey senses</i>	<i>Tree of strength</i>	<i>3 Stars and a wish</i>	<i>Create a family bucket list</i>
<p>What are 5 things you can see?</p> <p>Now close your eyes.</p> <p>What are 4 things you can hear?</p> <p>What are 3 things you can feel/touch?</p> <p>What are 2 things you can smell?</p> <p>What is one thing you can taste?</p> <p>How do you feel?</p>	<p>What are your strengths?</p> <p>What are you good at?</p> <p>Make a paper chain writing a strength on each link.</p> <p>Hang them in your bedroom.</p> <p>Get your family together and write all of your strengths on leaves and then draw a trunk and branches. Now glue the leaves to the tree. Put it up on the fridge or a wall.</p>	<p>Identify 3 things you do well – write each one on a paper star.</p> <p>Now think of one thing you would like to do better or work on – this is your goal – write it on a wish shape.</p> <p>Share it with a family member so they can help.</p> 	<p>Gather family, markers and paper</p> <p>Brainstorm some things you would like to achieve by the end of the year.</p> <p>Write them on a long piece of paper and then hang them up where the whole family can see them.</p> 
<i>Make mine music!</i>	<i>Talk to me</i>	<i>Start a movement of gratitude</i>	<i>How does it feel?</i>
<p>Make a playlist of your favourite feel-good music.</p> <p>Keep adding to the playlist every day as you think of more music that makes you feel happy.</p>  <p>Every day, spend some time dancing to music from your playlist.</p> <p>If you are able too, get together with other people (e.g. at home or friends via video call) and dance together to each other's playlists.</p>	<p>Every day, keep in touch with someone you can't see face to face. You can do this by phone, text, video call - use whatever technology you have available to connect with people you care about, and those people who care about you.</p> <p>This could be your friends, your teacher, your grandparents, or other relatives.</p> <p>Remember you don't have to talk, you can also could send a picture, email or text message.</p>	<p>Make a poster to thank your postie and any delivery drivers that bring food and other items to your house, then display it on your letter box, outside your front door/gate, where they'll see it.</p> <p>Start a movement of gratitude by posting photos of your posters on and sharing them with your family and friends. See how far it can go!</p> <p>Ask your friends and family to pay it forward and do the same with their friends and family networks.</p>	<p>Make a list of 7 kind things you can do for some else – friend, family member or your teacher such as:</p> <p>Draw a picture, give a compliment, write a poem, tell them how much you care about them, and help a family member with a job at home.</p> <p>If you want to send it to someone not in your home take a photo and send it by email/text. Do one of these things each day for a week and see how it makes people feel and how it makes you feel.</p>



# Autism Hub

making a difference

<b>Keep your body moving</b>	<b>Glitter jars</b>	<b>Family fitness</b>	<b>Log sleeping?</b>
<p>Make a calendar for a week of sports you can play with your family and do something different every day.</p> <p>Get your family to make suggestions too. Decide together on which day you will do what.</p> <p>If it rains, you will need to make some changes and replace with an indoor sport.</p> <p>Some ideas:                      Backyard cricket                      Totem tennis                      Indoor/outdoor bowls                      Handball                      Basketball                      Paper throw ( throw crumpled balls of paper into a bin)                      Paper planes– who can go the furthest?</p> <p>This will also help you sleep well each night!</p>	<p>First, get a clear jar and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar.</p> <p>Use this when you are feeling worried, made or upset. Shake up the jar.</p> <p>Imagine that the glitter is like your thoughts when you're worried, mad or upset. See how they whirl around and make it really hard to see clearly?</p> <p>Now put the jar down.</p> <p>Watch how the glitter falls to the bottom of the jar and the water clears. Your mind works the same way. When you're calm for a little while, your thoughts start to settle and you start to see things much clearer.</p> <p>See you tube video: "Just Breathe"</p>	<p>Lead your family in some simple exercises each morning and afternoon – on the spot jogging, jumping jacks, burpees, wall push-ups, chair push-ups.</p> <p>Apps:                      Super Stretch Kids Yoga                      Go Noodle for kids                      7 minute workout for kids</p> 	<p>Make sure you exercise during the day.</p> <p>Try to go to bed at the same time every night.</p> <p>Make your bedroom cool, dark and quiet.</p> <p>Turn off screens half an hour before bedtime.</p> <p>Avoid big meals or eating just before bed.</p> <p>Have a warm drink. Have a warm shower/bath.</p> <p>Read a favourite book.                      Have your favourite toy with you.</p> <p>Apps:                      Bedtime stories                      Sleep                      Moshi Twilight Sleep                      Smiling Mind</p>

These activities are linked to the Australian Curriculum *Personal and Social Capability* learning continuum.

