




Autism Hub

making a difference

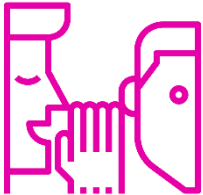
Wellbeing Activities Year 5 – 6 (Edition 1)

<i>Thank a community hero</i>	<i>If you were a super hero</i>	<i>Set up a crime scene</i>	<i>Design and build an obstacle course</i>
<p>Show your appreciation to someone who helps you or someone you care about to feel safe, calm, happy or thankful by:</p> <ul style="list-style-type: none"> • drawing them a picture, • making a them a video or • writing them a letter, song or poem <p>Can you explain why their actions make you feel safe, calm, happy or thankful?</p> 	<p>Imagine you are a super hero, what would be your strengths?</p> <p>You might like to think about the things you are already good at and turn them into super powers!</p> <p>For example, focusing on the detail <i>super power = magnifying glass eye sight!</i></p> <p>Could you make a comic strip about your super hero?</p> 	<p>Set up a crime scene where the people in your house have to be 'detectives' and work out who is the criminal.</p> <p>How will you leave clues for the detectives to know that it is you?</p> <p>Think about the things that make you, you e.g. favourite toys, the breakfast bowl you use, a piece of paper with one of your drawings on it or your morning schedule/checklist.</p> 	<p>Step 1: Design your obstacle course – will it be inside or outside, why?</p> <p>Step 2: Build your obstacle course – try it out, do you need to make any changes? Why?</p> <p>Step 3: Ask a person in your house to try your obstacle course – did they find it too hard, too easy or just right? How can you use their ideas to improve your obstacle course?</p> <p>Reflect on how you felt about working on this by yourself – you should feel proud!</p>

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

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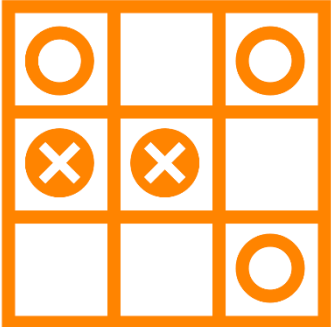

<i>Random act of kindness</i>	<i>The 'Story of Me' bag</i>	<i>Be a news reporter, a scientist or a politician</i>	<i>What makes a good friend?</i>
<p>Say something nice to someone, make him or her something or help him or her with a task?</p> <p>Whisper into your hands, how being kind to someone made you feel – now let go of it by floating it into the air.</p> 	<p>Find a bag and collect items that tell the story of you.</p> <p>In this bag you should put a mixture of things, for example;</p> <ul style="list-style-type: none"> • things that make you feel good when you feel sad or worried, • things that you don't like but know you have to accept (like veggies!) • things that you know really make you feel uncomfortable and need help to understand <p>Now, share these with someone at home.</p>	<p>Think of a community need or problem and see if you can come up with a way to fix it.</p> <p>You can pretend to be a news reporter and report your findings, you could be a scientist who needs to conduct an experiment or a politician that needs to design a policy to fix the problem.</p> <p>You can make a movie, write a story or news article or you could write a speech and deliver it at the dinner table.</p>	<p>Create a picture of what you think makes a good friend – you might like to draw it on paper or a whiteboard, paint it or design it on the computer.</p> <p>Write next to the picture or tell someone, what makes them a good friend?</p> <p>What do they do that makes you feel good about yourself?</p> <p>What could you do if they stopped being a good friend?</p>

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<i>Working together</i>	<i>Sock puppets</i>	<i>Be an inventor!</i>	<i>Can you create your own secret code?</i>
<p>Work with the people in your house to design and construct a board game, garden or cubby house.</p> 	<p>Design a play using sock puppets where the characters have a complication that needs to be resolved.</p> <p>How do your characters work together to solve the problem?</p> <p>You might like to put on your puppet show as an after dinner treat for the people in your house!</p> 	<p>Can you invent something new? Perhaps a cool new gadget or something that will help people.</p> <p>Step 1: Create a diagram of your invention and label each amazing part.</p> <p>Step 2: Invite the people in your house to attend your 'sales pitch' where you are going to convince them they need this invention in their lives.</p> <p>Step 3: Perform your 'sales pitch' and have fun!</p>	<p>You could use letters, numbers, pictures or symbols.</p> <p>Can you get someone in your house to crack your code?</p> <p>If they can, work together to create a new code and see if someone else in the house can crack it!</p> <p>Is this an effective way of communicating with the people in your house? Why/why not?</p> <p>Do you know what makes good communication?</p>

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