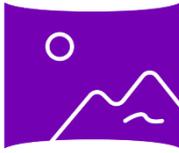


Autism Hub

making a difference

Wellbeing activities Junior Secondary (Edition 2)

<p>'Distance Hug' dance</p> <p>Create and film a special non-contact hug dance. Send it to a special person.</p> 	<p>Celebrity heads</p> <p>For an extra challenge, think of celebrities that are:</p> <ul style="list-style-type: none"> • kind • great humanitarians • local coaches or personalities 	<p>Family handball game</p> <p>You are the referee!</p> <p>Will you play with new rules? How will they be decided?</p> <p>Write, draw or record them before you start so everyone is sure how to play.</p> <p>Make sure they are fair and fun!</p>	<p>Online puzzles</p> <p>Cut and paste into your browser: http://puzzlemaker.discoveryeducation.com/</p> <p>Find other online games that you enjoy – chess, battleships and ask others to join in.</p> 
<p>Star gazing!</p> <p>In preparation for doing this at night, find some blankets (and mozzie spray), and set up a spot in the backyard so you can lie down and look at the stars.</p> <p>Here is a site that might be helpful (cut and paste into your browser): https://www.abc.net.au/science/starhunt/</p> 	<p>Open-air cinema</p> <p>Rig up a sheet for a movie/photo evening under the stars. You will need to be creative about how you'll be able to watch something in the garden. Don't forget you'll need cushions/blankets and comfy chairs as well as yummo nibbles!</p> 	<p>Backyard camping trip</p> <p>Set up the tent or make a cubby, and ask for some help to barbeque a meal for a camping holiday in your backyard.</p> <p>Make a list of what you need, and get the gear organised.</p> <p>Happy Camping!</p> 	<p>Lookie there!</p> <p>Make your own 'picture search'. Put a group of objects together (as many as you like) and take a photo. Then make a list of objects that are 'hidden' in the photo. Ask one of your family, or friends to find each of the things on your list.</p> <p>Other versions: Ask others to make one, and share the 'finding fun' have a theme e.g. bathroom objects, kitchen objects, favourite things.</p>

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



Autism Hub

making a difference

<i>Magic fanatic</i>	<i>Kitchen magician</i>	<i>Double juggle</i>	<i>Mini beasts</i>
<p>That is you! Practice some easy magic tricks that will amaze your family and friends.</p> <p>When you have mastered them, practice some trickier ones.</p> <p>Here are eight to get you started. Cut and paste this into your browser: https://www.lifehack.org/323348/8-easy-magic-tricks-for-you-show-off-parties</p> 	<p>What amazing meals or snacks can you create using 4 or less ingredients?</p> <p>Check out what is in the cupboard or fridge and get creative.</p> <p>Ask your favourite adult (at home or skype) to 'cook' with you.</p> <p>*Make sure there is an adult around if there is <u>heat or sharp knives</u> involved.</p>	<p>Juggling is a cool skill. Let's get started with an easy intro. Copy and paste this into your browser: https://www.google.com/search?q=how+to+juggle+2+balls&rlz=1C1GCEB_enAU863AU863&oq=how+to+juggle&aqs=Chrome.4.69i57j0l5.11728j0j7&sourceid=chrome&ie=UTF8#kpva_bx=5IKEXqf5FY-b4-Pypm7mAs28</p> <p>Once you are confident with juggling two, add another ball, and then another...</p> <p>Don't forget to record this achievement – maybe a family member could take some photos or video as you juggle!</p> 	<p>Did you know that there are amazing bugs and insects all around us?</p> <p>Grab a magnifying glass if you have one, or maybe even use a bug catcher. If not, it's ok. </p> <p>Go outside and see what you can find in the garden, or in the plants on the veranda.</p> <p>There are many cool online sites for more insect information. Here is one - cut and paste this link into your browser: https://education.abc.net.au/home#!/media/2806409/minibeast-games</p>  <p>Remember to be kind to these little critters, and put them back after you have some time to learn about them.</p> <p>CAUTION: Some insects can bite or sting. Handle with care!</p>

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

