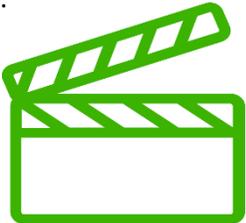


Autism Hub

making a difference

Wellbeing activities Junior Secondary (Edition 1)

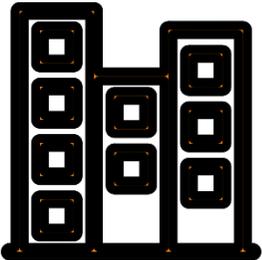
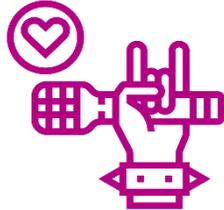
<i>Help or hurt</i>	<i>Review a music album, film or book</i>	<i>Reflect</i>	<i>Juggling balance</i>
<p>Share a selection of magazines that talk about entertainers or look online.</p> <p>Talk about what words inspire others and what words have hurtful connotations.</p> <p>Rewrite five negative posts and sentences to make them more positive and encouraging.</p> 	<p>Think about a music album, film or book that you have just read, listened to, or watched. Write a review as if you were a radio host.</p> <p>Then film the review and send it to a friend.</p> 	<p>Write about someone who you think is a good coach or mentor, who helped you to master a new skill.</p> <p>Write about the following:</p> <ul style="list-style-type: none"> • Explain who the coach is • What the skill was • What the coach did or said <p>You might like to use some of what you've written to send them a thank you!</p>	<p>Engage in this cross-lateral activity to stimulate brain function and learning, and enhance focus and balance.</p> <p>Stand on one leg and raise the other to a 90-degree angle with their knee bent. Hold a scrunched-up ball of recycled paper beside your hip, using the same hand as the side with the raised leg.</p> <p>Throw the ball up into the air next to your raised leg and move your other hand under your raised leg to catch the ball.</p> <p>Swap legs and repeat.</p>

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



Autism Hub

making a difference

<i>Healthy homes</i>	<i>Build a city</i>	<i>Random notes of encouragement</i>	<i>Online karaoke</i>
<p>Have a family meeting to work out individual roles and responsibilities.</p> <ul style="list-style-type: none"> • What jobs need to be done and who can do them? • Are there special projects/jobs that could be started? <p>Here are some ideas:</p> <ul style="list-style-type: none"> • start a worm farm • get composting • think about a family environment project that you could all do together • cooking – what snacks and meals can you make and share (you might need an adult to help you with some recipes). 	<p>Find your Lego blocks, or other materials around your home to create a whole city.</p> <p>Use your family pet as the oversized villain. Substitute your pet for sibling, parent or toy!</p> <p>Film your pet destroying the city.</p> 	<p>Write words of encouragement on sticky notes and stick them in random places around your home.</p> <p>Leave a few for your family to find in the refrigerator, on the bathroom mirror, or on the car's steering wheel.</p> 	<p>Get together via a phone or video-call at a set time and lip-sync to a specific song.</p> <p>Get dressed up in costumes or play a weird/unusual instruments.</p> <p>Touch base with some of your friends/family/neighbours and see if they would like to join you.</p> <p>Take turns at choosing the song.</p> 

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

