



# Autism Hub

making a difference

## Wellbeing activities Years 5 – 6 (Edition 2)

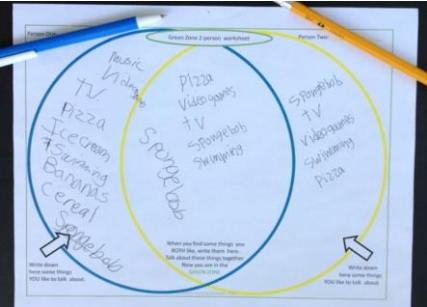

<i>Engineer in action</i>	<i>Poison vs antidote</i>	<i>Guess who</i>	<i>Keeping fit, active and healthy</i>
<p>You are a roller coaster/ride engineer and you were hired by an amusement park to create a new and exciting roller coaster.</p> <p>The amusement park owners want the ride to:</p> <ol style="list-style-type: none"> <li>1. Make the customers feel excited;</li> <li>2. Make the customers feel scared; and</li> <li>3. Make the customers laugh (feel happy).</li> </ol> <p>Use Lego, draw or design your ride on a computer. Describe when and how the customers will experience those emotions during the ride and what it is about the ride that will make them feel that way.</p> 	<p>Sometimes we have thoughts about ourselves, others or places that make us feel like we have just swallowed a vile of poison! These thoughts can make us feel sad, hurt and frustrated with ourselves and that's not fun.</p> <p>So, as with any poison, we need to find the antidote!</p> <p>Imagine you are a mad scientist and you have to create an antidote for those thoughts – they could be colour coded based on the type of thought (e.g., about yourself, others or places).</p> <p>How many poisonous thoughts can you list and create the antidote for?</p> <p>For example:  <b>Poison</b> – I am really bad at maths  <b>Antidote</b> – I enjoy doing addition</p>	<p>Make a list of as many emotions that you can think of, you might like to cut some pictures out of magazines, find them on your computer or simply just write them down, but... keep them hidden from the people in your house because soon they are going to have to guess which emotion you are! Get them to make a list as well so you can guess their emotion too.</p> <p>Here's what you need to do:</p> <ol style="list-style-type: none"> <li>1. Create your list</li> <li>2. Choose one of the emotions on your list</li> <li>3. Don't tell anyone which one you've chosen!</li> <li>4. Describe your emotion to a person in your house and try to get them to guess who!</li> </ol> <p>For example, for angry you might say... 'I make your face scrunch up and your fists go tight. I make you say things you don't mean. I am red'.</p>	<p><b>Step 1:</b> Design an at home gym routine – will it be inside or outside, why?</p> <p><b>Step 2:</b> Gather the items you will need for your gym routine (e.g., skipping ropes, bikes, tins of food for weights). Try it out, do you need to make any changes? Why?</p> <p><b>Step 3:</b> Ask a person in your house to try your gym routine. Did they find it too hard? too easy? or just right? How can you use their ideas to improve your gym routine?</p> <p>Reflect on how you felt about working on this by yourself – you should feel proud!</p> 

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<b>Conversation comics</b>	<b>Rocket scientist for a day</b>	<b>Floating leaves</b>	<b>Calm community</b>
<p>Sit with someone in your house and use the Conversation Venn Diagram to work out all the things you like to talk about – it could look like this:</p>  <p>Choose a topic from the middle section. Then draw a comic strip conversation, showing how your characters could take turns talking about one of your shared favourite topics.</p>	<p>You are a world renowned rocket scientist and NASA needs you immediately!</p> <p>Their latest space craft won't take off, the engine failed. Now, they've had to abort their next mission to space to look for a new world.</p> <p>Using Lego, diagrams or computer designs, create your new space craft that will successfully take the astronauts into space.</p> <p>Be sure to label your diagram and justify to the people in your house why the things you've added to your spacecraft will make it a successful flight.</p> <p>Have fun!</p> 	<p>We all feel nervous, anxious, disappointed, sad, upset and angry or frustrated at times and that's perfectly normal because we are all people with feelings.</p> <p>It's what we do with those feelings that makes us different from one and other.</p> <p>Try putting this strategy in your tool box, it's called 'Floating Leaves'.</p> <p><i>Imagine a gentle river, stream or creek with nice cool water flowing past. Take a seat on a rock or a nice patch of soft grass and sit by the water. Now imagine some leaves floating down the river – they could be big, small, and colourful or even flower petals. Now place one of those thoughts that make you feel nervous or sad or angry on the leaf and watch it float away.</i></p> <p>You might need to practice this a few times.</p>	<p>Can you think of something that might be making people nervous in our community at the moment?</p> <p>Maybe they can't find any pasta or flour!</p> <p>What can you do to help?</p> <p><b>Step 1:</b> Create a list of worries or concerns in the community.</p> <p><b>Step 2:</b> Highlight, colour or circle the one you think is the most important to help with.</p> <p><b>Step 3:</b> Come up with a plan that might help the community to feel calm.</p> <p>For example, you might create an information pamphlet to put in the letterbox of your neighbours or design a system that your neighbours can use to show if they need help.</p>

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<i>Working together – My kitchen rules</i>	<i>Hero vs Villain</i>	<i>Deserted island</i>	<i>Can you create your own language?</i>
<p>Work with the people in your house to design a three course meal for dinner – YUM!</p> <p><b>Scan</b> – what food do you have in your cupboard and fridge</p> <p><b>Plan</b> – who’s going to take the entrée, the main course and the dessert</p> <p><b>Develop</b> – create your menu</p> <p><b>Act</b> – start cooking!</p> <p><b>Review</b> – what went well, what could have been done differently?</p> 	<p><b>Step 1</b> – List all of the different types of heroes you can think of.</p> <p><i>They might be made up heroes like Superman and Captain Marvel or they might be real heroes like firemen, teachers or your friends.</i></p> <p><b>Step 2</b> – List all of the different types of villains you can think of.</p> <p><i>They might be made up villains like The Joker or Loki or they might be real villains like bullies or robbers.</i></p> <p><b>Step 3</b> – Compare and contrast what makes a hero and what makes a villain. Can you find anything that they might have in common?</p> <p>What could you do to help a villain become a hero?</p>	<p>Imagine you are stranded on a deserted island – you need to build a raft to escape back to safety.</p> <p>Here’s what you need to do:</p> <p><b>Step 1</b> - Think about what you will need to gather from the island to build your raft – create a list of items and where you would find them.</p> <p><b>Step 2</b> – Think about the risks/problems you might encounter on your journey back to safety. How could you problem solve any of those risks? (e.g., a storm).</p> <p><b>Step 3</b> – Design and create your raft. You may like to use Lego, items from your garden or house, the computer or a drawing.</p>	<p>In our world there are many different languages spoken in many different communities.</p> <p>Think about if you know someone that speaks another language.</p> <p>If you don’t know anyone, that’s ok, you might think about a TV show or a book you’ve read where there are people speaking different languages.</p> <p>Is it hard or easy for them? Why/why not?</p>  <p>Now it’s your turn! Create a new language for the phrase “hello, how are you today?” Practice it on someone in your house and see if they can work out what you are saying. Was it easy or hard for them? Why/why not?</p>

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