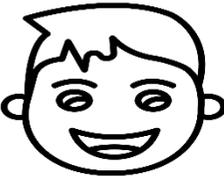# Autism Hub
making a difference

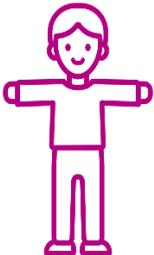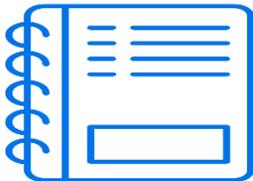## Wellbeing activities Kindergarten-Year 2 (Edition 1)

Making faces	*Drawing faces*	*Guess the feeling!*	*Act it out*
Make faces in different ways to reflect a range of different emotions (e.g., happy, sad, angry, excited)	Use the making faces activity or trace around child's body on large sheet of paper or using chalk on concrete and ask child to draw faces on each body.	Use picture books or magazines to find pictures and talk about how others might be feeling.	Use role play with toys, puppets, a found object or kitchen item (wooden spoon etc.) to act out real life situations. e.g., having to share a favourite toy, or having a sad day.
Faces could be made by: ▪ in the mirror or selfies on a phone ▪ spraying shaving cream on a tabletop and drawing faces with their finger (could use a teaspoon, fork or paintbrush) ▪ drawing faces in a sandpit ▪ painting or drawing faces on paper ▪ using playdough and found materials ▪ decorating arrowroot biscuits with icing. Use the following questions to talk about the faces: 1. What feeling is this? 2. How is this one feeling? 3. When do you feel like this? 4. I think you might be feeling (e.g., happy, sad, tired etc.)	Then write words in or around the face. Questions to ask: 1. What feeling is this? 2. How is this one feeling? 3. When do you feel like this? 4. How dos our body feel when we feel like this? 5. What do you do when you feel like this? 6. What things help when you feel like this? 7. What else can we do when we feel like this?	Play a game "guess how I am feeling". One pretends to act out a feeling and then others say what feeling. Questions: 1. How is X feeling? 2. How do we know? 3. What can we see? 4. What can we hear? 5. What did they tell us?	For example, one toy is sad. Another toy might come and try to make them feel better by saying, "You look sad. Can I help you? What is wrong? What happened? Are you hurt?"

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

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Stretch out!	*Take an elephant break*	*My story*	*My week*
Stand and try to touch your toes. How far can you go? Sit on the edge of your chair with legs extended and crossed at ankles. With a big deep breath 'walk' your fingers from your shoulders to your toes. Stop at your toes, take two deep breaths. Do this three times then stand up! Can you reach further?	Stand with your feet wide apart and your arms dangling in front of you. Pretend your arms are the trunk of an elephant! Take a deep breathe through your nose, then put your arms up high above your head. As you breathe out, slowly swing your arms down.	Make a storybook about you to share with your family and friends. Look for photos of you and your family or draw. Start with when you were born up until the age you are now. Put them together to make a timeline of growing up including details: • date and place of birth • number of siblings • names of pets • favourite interests and things • most exciting moment	Keep a diary of your favourite activity each day – you might like to draw this or take a photo At the end of the week, pick the top 3 activities and share with your family and friends. What was on your friends list? What was on your teacher's list? Make a plan to do a different favourite activity next week.

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Queensland Government