



WELLBEING

Children need to understand the importance of making informed decisions about their physical, social and emotional wellbeing. Help your students participate in a range of activities to strengthen these areas of their development. This week provides schools with the opportunity to engage their students in a range of activities aimed to improve their overall wellbeing, how they think about themselves and their fellow students.



ACTIVITY SUGGESTIONS

- Introduce Yoga or Tai Chi Classes in a Health or Physical Education Lessons
- Start a discussion on the issue of respectful relationships
- Conduct pre or post lesson relaxation and stretching.
- Run group activities that focus on team building and cooperation
- Take a meditation session
- Encourage mindfulness techniques

ONLINE RESOURCES

R U OK?

School For Living Program

Headspace

Beyond Blue

Butterfly Foundation

Smiling Mind

Eating Disorder Victoria

www.ruok.org.au/inspire-conversations/ruok-at-school

www.schoolforliving.com.au

www.headspace.org.au/what-works/resources

www.kidsmatter.edu.au/primary/resources-schools

<http://thebutterflyfoundation.org.au/for-young-people>

www.smilingmind.com.au

www.howfaristooofar.org.au/

The Australian Council for Health, Physical Education and Recreation, Victorian Branch
P: 03 9274 8900 E: achper@achper.vic.edu.au
www.achper.vic.edu.au