



INSPIRE
CHALLENGE
SUPPORT
MAKE A DIFFERENCE



Wellbeing activities and conversation starters for parents for Term 3 Week 2 & 3

WHAT YOU CAN DO AT HOME:

There are a range of activities that can help build and maintain your child's wellbeing. Most of them are short and require very few materials. Throughout the term, we will be sending some take home activities with a specific focus on what they are covering in class.

The focus for the next two weeks is on Stress Management.Here are your take home activities 😊

FOUNDATION



Stress management

Goal: Identify activities that can help to reduce our stress levels.

Activity: Ask your child to interview different family members and then draw a picture of them. Your child can ask: *What do they like to do to help them calm down or cheer up?*

YEAR 1 & 2



Stress management

Goal: Recognise how stress can feel in the body.

Activity: With your child, tell each other about a situation when you felt stressed. How did the body respond to this stress (e.g. sweaty palms; butterflies in your tummy).

Goal: Discuss coping strategies for stress.

Activity: Write a list of actions with your child that you can take to deal with stress, fear or anger. Name this list: *Our Family's Calming Strategies*. Display this list somewhere at home.

YEAR 3 & 4



Stress management

Goal: Identify a range of strategies that can be used to deal with strong emotions.

Activity: With your child, come up with a list of positive strategies your family can use to relax or calm down.

Goal: Put a stress management strategy to practice.

Activity: Do something active with your child. Turn off screens, get out and play in the backyard, listen to music, draw together or have a dance! Get some ideas from <https://fuse.education.vic.gov.au/Pages/funathome>

YEAR 5 & 6



Stress management

Goal: Identify ways to cope with stress.

Activity: With your child, share a time you felt stressed and explain how you managed this. Then swap!

Goal: Practice ways to cope positively with stress.

Activity: Create a stress-free space or a space within your home that your family can use to wind down.