



INSPIRE
CHALLENGE
SUPPORT
MAKE A DIFFERENCE



Wellbeing activities and conversation starters for parents for Term 3 Week 6, 7 & 8

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 few weeks is on Help-seeking.Here are your take home activities



FOUNDATION



Help seeking

Goal: Identify people who we can go to for help.

Activity: Make a "hand" or "star" to show five people your child can seek help from. Use it as your family plan by writing it up and placing it somewhere it is visible to everyone.

YEAR 1 & 2



Help seeking

Goal: Work with and support each other.

Activity: Encourage your child to help a family member with a something around the house, such as clearing the dishes after dinner.

Goal: Identify people we can go to for help.

Activity: Make a "hand" or "star" showing five people your child can seek help from. Use it as your family plan by writing it up and placing it somewhere visible to everyone.

YEAR 3 & 4



Help seeking

Goal: Identify people who we can go to for help.

Activity: Make a "hand" or "star" showing five people your child can seek help from. Use it as your family plan by writing it up and placing it somewhere visible to everyone.

Goal: Practice our help-seeking and giving skills.

Activity: Discuss with your child. Imagine a friend comes to you for advice. They tell you somebody has been mean today online. What advice would you give to your friend and why?

YEAR 5 & 6



Help seeking

Goal: Identify ways we can help others.

Activity: With your child, draw a star and on each tip name five people they have helped or provided support to this week, and how.

Goal: Identify people we can go to for help.

Activity: Make a "hand" or "star" showing five people your child can seek help from. Use it as your family plan by writing it up and placing it somewhere visible to everyone.