

Autism Hub

making a difference

Wellbeing activities Years 3 – 4 (Edition 2)

<i>Time to talk – Let's interview!</i>	<i>Mighty moments!</i>	<i>Connect with planet Earth</i>	<i>I like to MOVE it, MOVE it!</i>
Ring or skype a family member you do not see often (e.g., a grandparent or uncle). Ask these questions to find out more about them: • <i>What is your favourite food?</i> • <i>What is your favourite hobby?</i> • <i>What is your favourite colour?</i> • <i>What did you do as a child to pass the time?</i> Did you learn something new about that family member? Now tell them something about you. 	Think of a time when you did something that was really hard, but you had a go and did it! Did you finish: • a long run/bike ride; • climbing a hill/mountain; • complete a 1000 piece puzzle? Maybe you have a photo of the thing that you did. Put that photo, or a written memory, on your wall in your room to remind you each day of being strong, sticking with it and succeeding!	Go outside or go for a walk with Mum or Dad to connect with nature. What do you see? What can you hear? What can you smell? Look for birds and insects. Take photos and identify the creatures using books or the internet. Australian Museum has a <i>What bird is that?</i> webpage and fact sheets on other animals (e.g., spiders). 	Let's stay fit indoors. Set yourself some goals to do some exercise every day. Make a calendar and set a time each day to do 5-10 minutes of indoor exercise. Ask your family, teacher and friends for their ideas for exercises. You could make videos and share them with friends. Get the family to join you.

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



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<i>Secret messages in a bottle</i>	<i>Act of kindness</i>	<i>Virtually camping</i>	<i>Crazy story</i>
Ask each of your family members to write something good, funny or interesting about being isolated together at home. Do not share these things with each other. Put the notes in a sealed container. Make sure you put the date on the container. Put the container away, and when everything is back to normal take the container out and read your notes to each other. You will be surprised, and maybe amused, at what other people wrote. 	Is there an elderly person living in your street? Write a letter to that person telling them you are thinking of them and maybe add a picture you have drawn. Deliver it to their letterbox. If you do not have a nearby elderly neighbour, then deliver a letter of encouragement/drawing to an aged care facility. Helping others brightens their day and makes you feel good!	Choose a day and time to 'Go Camping' with your friends. Make a list of who will do what and bring what to the camping event. For example: • Jack – tell a story • Sam – choose a book Each person nominates a snack to bring. Each of you bring a device to chat online. Each of you set up a tent or cubby in your own living room or bedrooms. Tell stories, read a book together (alternate pages), sing songs and eat snacks. Do not forget your torches! 	Tell your family you are going to write a crazy story but you need their help. Write a sentence to begin, then fold the paper over so the others can only see the last two words of your sentence. Make the words interesting (e.g., silver box, green slime, large boot, tall stranger). Give it to the next person and so on. Keep it going all day long and then read it together at dinner time and have a good laugh! You may need more than one piece of paper!

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<i>Ninja Warrior at home</i>	<i>Rock your baby</i>	<i>Lego challenge</i>	<i>Stress ball</i>
Ask your mum, dad and any other family members to help you set up an obstacle course with things that you have around the house and yard. Each person sets a goal to complete the course in a certain time. Time each other to see if you can beat your time goal. Try it every day and see if you improve on your time and get fit! 	When you are feeling angry or worried, grab a stuffed toy and lie down on the floor. Put the toy on your tummy. Focus on breathing in and out slowly. Breathing in through your nose and out through your mouth. Feel the toy rise and fall. Do this 5 times, rocking your toy to sleep. If you still feel worried or angry, do 5 more breaths. How do you feel?	Set up a Lego event with your friends. Set a challenge and build individually. Chat online during building to share ideas and give encouragement to each other. Ideas for what to build: • A robot • A ship • The world's tallest tower • The world's longest bridge Let your imagination free! Have Fun! 	Make your own squeeze stress ball. Many YouTube videos show you how to make one. Find one that you like and go for it! Once you have made one squeeze stress ball you can make more and put a different face on each one. You could also make one for each family member, or your friends. Squeeze your stress ball when you feel worried, angry or just to keep your fingers busy!

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