



STAGE 3

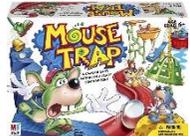
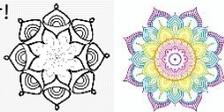


Get OUT of

THE
MATRIX

Day

Matrix-style digital rain effect consisting of vertical columns of random characters and symbols.

MINDFULNESS	GRATITUDE	CREATIVE	PHYSICAL
<p>Technology Detox</p> <p>Throughout the second half of this term we have had to <i>Learn From Home</i> and much of what we have been doing – both students and teachers has been on our computers and in front of screens. NOW is the time to get away from your screen! Go OUTSIDE! Turn on your ‘Spidy-Senses’, super-focus your senses, smell, sight, hearing, taste and touch! Pay attention to what is around you. Draw a picture and write down what is around you and what our senses are picking up! Bright, dark, pungent, loud, soft, rough ... how many birds, bugs and creepy crawlies can you see? What colour and shape are the leaves? Are there flowers?</p> 	<p>Random Acts of Kindness</p> <p>Random Acts of Kindness will not only make the recipient feel good but it will also make you feel good that you have made someone else SO HAPPY!! It doesn't have to be something BIG! Sometimes it is the small things that count the MOST! What could you do?</p>  <ul style="list-style-type: none"> • Make some Thank You cards. Parents, teachers, healthcare workers, friends, other family members! The list is endless! • Take a bag on a walk around town and pick up any stray rubbish! • Make some Kindness Rocks! Find some small rocks, paint them with little messages and hide around town for others to find! It might just make someone's day! • Offer to help an adult at home with some chores! Help cook dinner, clean your room, empty the dishwasher! 	<p>Cool Colour Wheel</p> <p>THINK about colours! Colours are everywhere! WHAT is your favourite colour? How many different colours can you see from where you are sitting?</p> <p>NOW get up and go and collect as many things of as many different colours are you can. Organise your objects into a Colour/Rainbow Wheel. Take a photo! Share it with your teacher and your class!</p> 	<p>Get Moving!</p>  <p>Exercising or regularly moving the body is a wonderful activity when it comes to being mindful and taking time out for mental health. Even better there are so many different forms of exercise for you to enjoy, it just depends on your personal preferences. Here's some activities for you to choose from:</p> <ul style="list-style-type: none"> • Walking outside can be an extremely therapeutic activity that helps calm the mind. Take someone with you, head outside! Maybe walk around the Lawson Park walking/exercise track, or head out to the Putta Bucca Wetlands! • Yoga is a meditation and mind-based activity that has been proven time and time again to have a positive effect on mental health. • Running might not be everyone's cup of tea, but it's a great way to keep fit and stay mindful. Set some Mini-Goals! Start jogging! Track your progress! 
 <p>Start A Journal!</p> <p>You might already know that journaling is an excellent mindfulness activity. Journaling allows you to write down your thoughts, worries, emotions, goals, ideas and memories, without any judgement from others. It can help clear your head, feel less overwhelmed, process difficult feelings and raise their self-awareness. It's also an excellent way to relax, be more grateful and a fantastic way to get to know yourself better.</p>	<p>Gratitude Box</p> <p>Find an old box (shoebox size or smaller would be great!). Decorate it! Use some bright colours stick jewels or glitter on the outside. Once your box is finished you can write some small notes about the things in your life that you are Grateful for! e.g., living in Mudgee, wonderful family, good weather outside, being able to go for a walk, being in the best footy team!</p> <p>Have a think! I am sure you have so many wonderful things in your life to be grateful for! If you can't think of ideas have a chat to one of the adults at home.</p> 	<p>Really Relaxing</p> <p>Put on your favourite MUSIC, find your pencils and textas and have a go at colouring one of the Mindful Colouring Sheets which are attached.</p> 	<p>Family Games</p> <p>Gather your family together, get out a board game, or card game, outdoor game and play! Sounds like FUN!!</p>  
		<p>Make A Mandala</p> <p>You choose your resources! E.g., textas/colours on paper, lead pencil/thin sharpie on paper, chalk on concrete outside, any other ideas! Please take a photo and share with our teacher!</p> 	

platypus





flying fox

