



2021 At the heart of well-being...



Mindfulness During Social Isolation

As we all plan for, and come to terms with how our school will operate under these different working conditions, we are conscious of continuing to provide for the well-being and welfare of our learning community.

Here are some tips, links and useful strategies which can help both adults and children cope with the stress or anxiety experienced as a result of the COVID-19 outbreak.

MINDFULNESS

Apps

- Smiling Mind
- CALM
- Waking up Children
- Breathe, Think, Do with Sesame
- Cosmic Kids Zen Den Playlist

EXERCISE

Video/Links

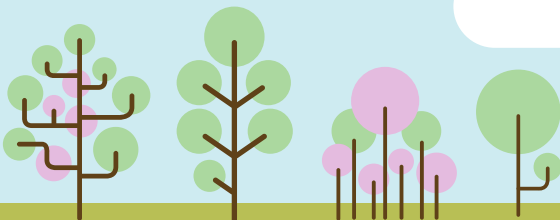
- [Cosmic Kids Yoga](#)
- [P.E. With Joe](#)
- [Go Noodle](#)
- [Fablefy](#)
- [Adventure to fitness](#)
- [Just Dance Kids](#)
- [Sports Supermovers](#)

INDOOR ACTIVITIES

- Hallway hopscotch
- Obstacle course
- Scavenger hunt
- 'I Spy Clean-Up'
- Hide and Seek with Math Facts/Sight Words
- Dancing
- Twister
- Follow the leader
- Simon Says

OTHER RESOURCES

- Movies/Videos
- Books
- Cooking
- Podcasts
- [Managing sibling rivalry](#)
- [Steps for successful family meetings](#)





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Mindfulness During Social Isolation

I'M BORED

Things I can do by myself

- Read/Listen to a book
- Journal
- Write a letter to someone
- Paint/ colouring
- Puzzles, blocks and lego
- Learn a magic trick
- Write and illustrate a book
- Do a photoshoot with my stuffed animals
- Make clothes for my dolls and toys with scrap fabric
- Create kindness rocks/rock art
- Learn to juggle
- Create shadow art
- Cats-cradle/finger strings
- Make paper flowers or snowflakes
- Create spacships out of cardboard boxes
- Scrapbooking
- Make beads or foil jewellery

I'M BORED

Things I can do with a sibling

- Hide and Seek
- Journal together
- Play dress-up
- Boardgames
- Perform to family
- Play schools
- Read to each other
- 'I Spy...'
- Card games
- Charades
- Karaoke
- Sock puppet shows
- Paper planes
- Indoor camp out
- Design a board game
- Simon says...
- Play Superheroes
- Create your own magazine

PSYCHOLOGICAL SUPPORT

- Kids Helpline 1800 55 1800
- Parent Line 1300 30 1300
- Lifeline 13 11 14
- [Reach Out](#)
- [BRAVE Program](#)

WPPS WELLBEING TEAM

The Wellbeing team will be offering assistance regarding welfare concerns, so the appropriate support can be considered. Students and parents can contact the Wellbeing Team via the School Office or their e-mail address.

- Tim Simpson - AP Learning and Support Co-ordinator
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- Annerie Feldman - Learning and Support Teacher
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