

Wellbeing Week Activity Timetable

Tuesday
11th April

Wednesday
12th April

Thursday
13th April

Friday
14th April

Arrival & Daily Welcome

9am - 9:30am

Session 1

9:30am - 10:45am

10:00AM
Welcome To Country &
Wellbeing Week Information

Affirmation Jars
YEARS 7 - 12

AIE - Game Design*
YEARS 7 - 12

Basket weaving
YEARS 3 - 12

Face Painting
YEARS R - 6

Zoo Escape Room
YEARS 7 - 12

Art and Mindfulness
YEARS 7 - 12

Bee Homes
ALL AGES

Mural Painting*
ALL AGES

Nitro Nat Crazy Colourful
Chemistry Show
ALL AGES

Sporting Games
YEARS 7 - 9

Badgemaking
YEARS 7 - 12

Ceramic Painting
ALL AGES

Dungeon and Dragons
YEARS 7 - 12

Tie-Dying and
Calming Lamps
YEARS R - 6

Zoo Escape Room
YEARS 7 - 12

Recess Break

10:45am - 11:15am

BYO lunch, or food is available from the Cafeteria and Marden Shopping Centre is close by!
Please note students under 17 must be accompanied by an adult to leave site during break times.

Session 2

11:15am - 1pm

Academy of Interactive
Entertainment (AIE) - Game
Programming*
YEARS 7 - 12

Animals Anonymous -
Interactive Wildlife Display
ALL AGES

Tie -Dying and
Calming Lamps
YEARS R - 6

AIE - Game Design
(continued)
YEARS 7 - 12

Claymation*
YEARS 3 - 7

Indo Angklung
YEARS R - 6

Pride: Gelli Printing
LGBTQIA+ and allies*
YEARS 7 - 12

African Drum Circle
YEARS 7 - 12

Bricks 4 Kids
YEARS R - 6

Mural Painting
(continued)
ALL AGES

Supporting Self-Regulation
PARENT & CARERS

Australian Native Foods
ALL AGES

Mindful Colouring and
Board Games
ALL AGES

Dungeons and Dragons
YEARS 7 - 12

Rad Reactions
YEARS 7 - 12

Lunch break

1pm - 1:30pm

BYO lunch, or food is available from the Cafeteria and Marden Shopping Centre is close by!
Please note students under 17 must be accompanied by an adult to leave site during break times.

Session 3

1:30pm - 2:30pm

AIE - Game Programming
(continued)
YEARS 7 - 12

Japanese Tea Ceremony
YEARS 4 - 12

Mindful Colouring and
Board Games
ALL AGES

Parent and Carers Self Care
PARENT & CARERS

Animals Anonymous
ALL AGES

Claymation
(continued)
YEARS 3 - 7

Letter to my future self +
What your Psychologist
wishes you knew
YEARS 7 - 12

Pride: Gelli Printing
LGBTQIA+ and allies
(continued)
YEARS 7 - 12

Zoo Escape Room
YEARS 7 - 12

African Drum Circle
YEARS R - 6

Dealing with Procrastination
YEARS 7 - 12

Mural Painting
(continued)
ALL AGES

Nitro Nat Jaw Dropping
Chemistry Workshop: Slime
YEARS R - 7

Play Dough Philosophy
ALL AGES

BBQ Lunch & Farewell
FOR ALL

*ACTIVITY GOES OVER 2 SESSIONS

Activities!

Tuesday

Academy of Interactive Entertainment (AIE) – Gaming Programming

Aimed at Years 7 - 12 : 11:15 - 1:00pm, 1:30pm - 2:30pm

Please note this activity goes over 2 sessions

Come and have an introduction to game programming using Javascript to create a fun, innovative game. Students will get a brief insight into the world of game programming.

Laptop needed - Download Unity before coming to session

Animals Anonymous – Interactive Wildlife Display

Aimed at All Ages: 11:15am - 1:00pm

Join Animals Anonymous to meet some friendly Australian native animals! These include baby crocodile, pythons, lizards, marsupials, and many more. You will be able to interact with these beautiful animals for pats and photos. You will learn about these unique species, why some of these species are endangered, and what we can do in our own backyards to help our wildlife.

Tie-Dying and Calming Lamps

Aimed at Years R - 6: 11.15am to 1:00pm

A session full of creativity! In this workshop you will learn how to make your own tie dye creation. You will also get to create your own calming lamp that can be used over and over!

**You will need: Bring an item you would like to tie-dye (cotton)
eg. T-shirt, shorts, tea towel!**

Japanese Tea Ceremony

Aimed at Years 4 - 12: 1:30pm - 2:30pm

Tea Ceremony: Tea ceremony is called 'sadou' in Japanese. Tea is more than just a hot drink in Japan. It is a very important ritual that has a lot of meaning within the culture. The tea ceremony represents purity, tranquility, respect, and harmony. A lot of preparation goes into this important ritual. Why don't you experience this centuries old traditional ritual, forget about your daily bustling and hustling, and enjoy serenity of drinking tea?

Board Games and Mindful Colouring

Aimed at All Ages: 1:30pm - 2:30pm

Take a moment to relax and connect with peers and staff by engaging with board games, mindful colouring and other free choice activities. A space to make your own and be guided through some creative time to unwind after a busy day. Enjoy!

Parent and Carers Self Care

Aimed at Parents & Carers: 1:30pm - 2:30pm

This seminar is designed for parents and carers who are wanting to support their child and themselves towards positive wellbeing and strategies to help manage overwhelm and stress. Catered to a wide range of parent and carer cohort, join Sasha to explore parent self care!

Activities!

Wednesday

Affirmation Jars

Aimed at Years 7 - 12: 9:30am - 10:45am

Join our youth workers for creating an affirmation jar. A perfect activity for increasing motivation, gratitude and being present!

AIE Game Design

Aimed at Years 7 - 12: 9:30am - 10:45am & 11:15am - 1:00pm

Please note this activity goes over 2 sessions

Laptop needed - Download Unity before coming to session

Game designers are the visionaries who thrive on new ideas and think about how users will interact and enjoy their game experience. Game designers possess a combination of technical knowledge, artistic skill and the ability to communicate to players. Come and have a try at game design.

Basket Weaving

Aimed at Years 3 - 12: 9:30am - 10:45am

Join the artists from 'Marra Dreaming' to learn about traditional basket weaving. You will each be supplied with a basket weaving starter pack (includes materials and needle) and will learn the skills to create your own basket during the workshop. You can then continue working on them at home afterwards.

Face Painting

Aimed at Years R - 6: 9:30am - 10:45am

Do you want to learn how to face paint? Join us for an interactive session where you will be able to explore your creativity and have fun with face paint!

Zoo Escape Room

Aimed at Years 7 - 12: 9:30am - 10:45am, 1:30pm - 2:30pm

The Zoo: Find the Meerkats! In The Zoo, it's the day you've been waiting for: your annual trip to the zoo! Excited, you upgrade your ticket to include a Personal Meerkat Experience. Under strict instructions to stay in the enclosure, the zookeeper leaves you to play with the meerkats. But wait! You do need to get your camera...A few seconds outside won't hurt, surely? When you come back: disaster! The gate is ajar, and all eight meerkats are running into the distance! Now your team has a mission: work together, solve the puzzles and catch the meerkats! The future of the zoo is in your hands.

Activities!

Wednesday (Continued)

Claymation

Aimed at Years 3 - 7: 11:15am - 1:00pm, 1:30pm - 2:30pm

Please note this activity goes over 2 sessions

GooRoo's Claymation workshop gives students the opportunity to create their own animated movie. They will design and sculpt characters from plasticine, then bring them to life using the app Stop Motion Studio. The finished videos will be screened to the group and uploaded to YouTube via the GooRoo Animation Workshops channel to be shared with friends and family.

Indo Angklung

Aimed at Years R - 6: 11:15am - 1:00pm

Come and join the Indonesian team to learn how to play and perform in an Angklung ensemble! Each performer is typically responsible for just one pitch, sounding their individual Angklung at the appropriate times to produce complete melodies. Learn more about Indonesian culture and have fun creating music!

Pride: Gelli Printing LGBTQIA+ and Allies

Aimed at Years 7 - 12: 11:15am - 1:00pm & 1:30pm - 2:30pm

Please note this activity goes over 2 sessions

Create and celebrate! Come and learn the art of Gelli Printing! The Gelli Printing workshop, suitable for beginners, provides students with the opportunity to print and take home their very own rainbow themed print. **Please bring along an apron or wear old clothes—Gelli Printing can get super messy**

Animals Anonymous

Aimed at All Ages: 1:30pm - 2:30pm

Join Animals Anonymous to meet some friendly Australian native animals! You will be able to interact with these beautiful animals and learn about why some of these species are endangered, and what we can do in our own backyards to help our wildlife.

Letter to my future self and what your psychologist wishes you knew

Aimed at Years 7 - 12: 1:30pm - 2:30pm

What is going on in your psychologists head when they talk to you? What do you wish they would just come out and say? Come along and Sasha will give you the rundown of what she and others in the industry wishes students knew. The other part of this workshop includes looking at what you want for the future and writing yourself a letter to encourage you. A bit of a time capsule with a fun futuristic twist.

Activities!

Thursday

Art and Mindfulness

Aimed at Years 7 - 12: 9:30am - 10:45am

Join our vibrant art teachers to explore your creativity. Use the relaxing spiral motif in drawing and painting to explore colour and line. Spiral motif is a common design element in drawing and painting, featuring a continuously curving line that creates a circular or spiral shape.

Bee Homes

Aimed at All Ages: 9:30am - 10:45am

Come along to learn about all things Bees, what native species we need to look out for, and discover the perfect home that different bees look for!

NitroNat Crazy Colourful Chemistry Show

Aimed at All Ages: 9:30am - 10:45am

The Crazy Colourful Chemistry show explores chemical reactions with lots of colour and wonder. With safe fire demonstrations and some mess, we tackle things changing different states of matter (solids liquids gases), acids and bases and colour changing chemically. This is a fantastic way to see some wicked chemistry.

Mural Painting

Aimed at All Ages: 9:30am - 10:45am

Please note this activity goes over 2 sessions

There is an option to continue this activity over 3 sessions which will involve finishing off the mural and painting other items.

Design our third Wellbeing Week mural with Indigenous artist Tracey Bradshaw and learn about people, culture and community. You will be contributing ideas and designing with guidance, a mural that represents our site and community. Be part of contributing something special to our site and learn firsthand from Tracey. It is recommended that you sign up for the following Mural painting workshop in the afternoon to be part of the final product!

What to bring: Painting clothes (or a shirt you are OK with getting some paint on) & enclosed shoes

Sporting Games

Aimed at Years 7 - 9: 9:30am - 10:45am

Come along for a fun, sporty session led by our Health and PE staff! Join in to different games and activities that will be sure to get you moving and working as a team.

Activities!

Thursday (Continued)

African Drum Circle

Aimed at Years 7 - 12: 11:15am - 1:00pm

Aimed at Years R - 6: 1:30pm - 2:30pm

Join the team from Sun of Africa for a fun-filled cultural experience and participate in an African drumming workshop. The session will also include some dance activities and learning a traditional African flute instrument. Sun of Africa can't wait to share their culture with you.

Bricks 4 Kids

Aimed at Years R - 6: 11:15am - 1:00pm

Train City – An activity extravaganza and easily the most spectacular and loved. Kidz build and drive multiple trains on a giant train track while other kids build famous buildings to create a hustling and bustling city complete with remote control cars, trains and of course the odd superhero!

Supporting Self-Regulation

Aimed at Parents & Carers: 11:15am - 1:00pm

This session will look at the component of self-regulation students need to manage big emotions. Join our OAC Psychologist to learn strategies for supporting your young person.

Dealing with Procastination

Aimed at Years 7 - 12: 1:30pm - 2:30pm

This seminar is designed for students who are wanting support with procrastination. This will include the thinking patterns behind procrastination and strategies for stopping procrastination in its tracks.

Nitro Nat Jaw Dropping Chemistry Workshop: Slime

Aimed at Years R - 7: 1:30pm - 2:30pm

The Jaw Dropping Chemistry Workshop will loosen the mandible of any budding scientist. This is a hour-long hands-on experience with lots of mixing and discovering acids and bases, solids and liquids in a safe and scientific way. The participants will get to make and take home some wicked wormy slime and a lot of smiles.

Play Dough Philosophy

Aimed at All Ages: 1:30pm - 2:30pm

Using playdough and having fun to understand how people can see things differently, so that we can understand how to communicate with each other. For people who want to learn more about themselves and the world around them, and have a bit of fun with playdough.

Activities!

Friday

Badge Making

Aimed at Years 7 - 12: 9:30am - 10:45am

Are you looking for a fun and creative way to express yourself? In this hands-on session, you'll learn how to design and create your own custom badges using a variety of materials. Let your creativity run wild as you express your individual style to create a unique accessory that you can wear with pride.

Ceramic Painting

Aimed at All Ages: 9:30am - 10:45am

Ceramic painting is the process of applying decorative designs or patterns to ceramic objects such as plates, mugs, vases, or tiles using various techniques and materials. Come and paint a usable and artful ceramic piece to take home with you.

Dungeons and Dragons

Aimed at Years 7 - 12: 9:30am - 10:45am, 11:15am - 1:00pm

Dungeons & Dragons is a fantasy tabletop role-playing game originally designed by Gary Gygax and Dave Arneson. If you're an experienced player or you just want to give it a go, come along and play!

Tie-Dying

Aimed at Years R - 6: 9:30am - 10:45am

A session full of creativity! In this workshop you will learn how to make your own tie dye creation. You will also get to create your own lava lamp! With the help of a special ingredient, you will get to watch the 'lava' flow through your own lava lamp bottle!

You will need: Bring an item you would like to tie-dye (cotton) eg. t-shirt, shorts, tea towel!

Zoo Escape Room

Aimed at Years 7 - 12: 9:30am - 10:45am

The Zoo: Find the Meerkats! In The Zoo, it's the day you've been waiting for: your annual trip to the zoo! Excited, you upgrade your ticket to include a Personal Meerkat Experience. Under strict instructions to stay in the enclosure, the zookeeper leaves you to play with the meerkats. But wait! You do need to get your camera...A few seconds outside won't hurt, surely? When you come back: disaster! The gate is ajar, and all eight meerkats are running into the distance! Now your team has a mission: work together, solve the puzzles and catch the meerkats! The future of the zoo is in your hands.

Activities!

Friday (Continued)

Australian Native Foods

Aimed at All Ages: 11:15am - 1:00pm

Karen Shaw from Australian Native Foods will conduct a presentation, with tasting and samples. The presentation will be about growing and preparing native foods. Have you ever wanted to try some Australian Native Foods and learn how to spot them out on walks? Give this workshop a try! You will even be able to spot some edible plants in our Indigenous Garden!

Board Games and Mindful Colouring

Aimed at All Ages: 11:15am - 1:00pm

Come along to take part in board games and finding all the pieces to a puzzle; whether you are needing some quiet time, time to be creative, or up for some fun, there is something for everyone.

Rad Reactions

Aimed at Years 7 - 12 : 11.15am - 1:00pm

Learning to light and use your own Bunsen Burner and create your very own electrical circuit to light up the room. Enjoy planning and making your own wind farm.

BBQ Lunch and Farewell

For all : 1:00pm - 2:30pm

No booking/registration required

Join us in seeing off Wellbeing Week. You will be provided with a BBQ lunch and fun activities to end the week. We will have balloon twisting, face painting and farmer Darcy's travelling farm. There will be Vegetarian, Vegan and Gluten-Free BBQ options.