

Wellbeing Week Activity Timetable

Monday

6 September

Session 1

10am–
12pm

10am - 10.30am:
Welcome & Introduction

10.30am - 12pm:
Recycled Gardening
Get your Brain Working with Games & Puzzles!
Fun and Fearless Contemporary Art Workshop

Tuesday

7 September

Around the world in 100 minutes

Art Mural

Chinwaggles - wellbeing card game

Wednesday

8 September

Japanese Tea Ceremony

Silent Disco

Wellbeing Expo

Thursday

9 September

Bush Tucker

RUOK Day Workshop

Board Games

Lunch break 12pm–12.45pm BYO lunch, or food is available from the Cafeteria and Marden Shopping Centre is close by!

Session 2

12.45pm–
2.15pm

Lava Lamp Making

Yogiamigos - yoga sessions

Health Promoting Activities

Wellbeing around the world

Plasticine Emotions and Emojis

Walking on Sunshine - painting pavers

Yogiamigos - yoga sessions

Japanese Tea Ceremony

Happiness Boxes

Peaceful Painting

Yogiamigos - yoga sessions

Guest Speakers - ThinkUKnow & Headspace

Lego and Robotics

Peaceful Painting

Yogiamigos - yoga sessions

Making Stress Balls & Mindful Colouring



Government of South Australia
Department for Education

Please register for activities at openaccess.edu.au/wellbeingweek

Updated 20/8/21

Activities!

Monday

Recycled Gardening

Aimed at R-9s

Ever wondered how you could recycle materials at home into flourishing plants? Come along and try out our ideas for recycled gardening.

Get your Brain working with Games & Puzzles!

Aimed at all ages

Start your day right with fun and energising games and puzzles. These will get you moving, thinking, and solving. Stretch your puzzle muscle solo or work with a friend. Work in small teams to construct the best egg container and more! Wake up that brain and make some friends for the day!

Fun and Fearless Contemporary Art Workshop

Aimed at year 7-12s

Come on a process-based making journey. Discover the fun and fearless nature of contemporary art as you break down the pressure of perfectionism and embrace happy accidents and challenges in making your own abstract artwork. Explore new ways you can create art in this 2 hour workshop.

Lava Lamp Making

Aimed at R-6s

Join us in making some of our very own lava lamps!

Yogamigos

Aimed at all ages - wear comfortable clothing!

End the day off with all round Yogamigos wellbeing... Yogamigo yoga sessions are a fun and creative way to improve students' physical and mental wellbeing. We focus on a combination of strength, flexibility, relaxation, and most of all – fun! Learn and take home skills to use in everyday life, promote self-esteem, positive self-image, and individual and social awareness. Come and try with some of your favourite teachers.

Health Promoting Activities

Aimed at all ages

The year 11 Health and Wellbeing students will be running a range of health promoting activities for people on-site. There will be a range of options for students of all ages with the overall goal of making them learn, smile and improve their wellbeing.

Activities!

Tuesday

Around the world in 100 minutes

Aimed at year R-9s

Challenge your mind with Quizzes and games that will take you on a journey around the world. Participate in the Spanish La Pirinola game, Indonesian Congklak, and Japanese Janken on newspaper.

Art Mural

Aimed at year 7-12s

Be part of creating a special mural for our site with Adelaide artist Lucinda Penn! This workshop is focused on designing a mural which will be installed on the Primary/Library Building. Explore your creativity and help design an artwork that shares our commitment for celebrating diversity and reconciliation.

Chinwaggles

Aimed at year 7-12s

Be part of a small group playing an awesome wellbeing card game with a focus on feelings/emotions.

Wellbeing Around the World

Aimed at year R-9s

Discover ways that people from different cultures look after their wellbeing. Get involved in a variety of hands on activities including crafts, music, dancing, sport, and mindfulness.

Plasticine Emotions and Emojis

Aimed at R-6s

Students will use plasticine to explore how features on the face can change to represent different emotions. They will reflect on how particular book characters feel throughout in a story, and represent this with plasticine Emojis.

Walking on Sunshine

Aimed at all ages

Paint with Indigenous artist Cedric Varcoe and learn about Ngarrindjeri culture and community. You will be painting your own unique paver which will form the walkway in our Indigenous Garden. Learn about Cedric's journey, his culture, and the meaning behind Aboriginal symbols in his artworks. Be part of contributing something special to our site!

Yogamigos

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Activities!

Wednesday

Japanese Tea Ceremony

Aimed at year 3-12s

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? You will learn how to appreciate a cup of tea, served with a delicious traditional Japanese sweet. You will find yourself surprisingly refreshed.

Silent Disco

Aimed at all ages

Silent Disco is the latest craze sweeping the world. It doesn't use a traditional speaker system, but rather provides each child with a set of high-quality sounding, wireless headphones. Each child can adjust their own volume level making it safe for even hearing-impaired children. The aims of this activity are to build confidence, promote teamwork, provide exercise, foster creativity, encourage listening skills... but most of all to have fun!

Wellbeing Expo

Aimed at all ages

Come along, meet, talk with and find out about what wellbeing services you and your family have access to. Health and wellbeing providers from services such as Headspace, Diabetes SA, Autism SA, Uniting Care, WISE Employment and Baptist Community Services. Cyber safety information from ThinkUKnow. Make badges with Shine SA. Family relationship counselling information from Centacare. LGBTIQ+ information and services. And more...

Happiness Boxes

Aimed at R-6s

Students will spend some time creating a personalised Happiness Box that they can use in times of need. Students will explore and add tools to their box that enable them to practice and rehearse strategies that help them cope with their emotions, resolve inner conflict, and bring them to a calm emotional state.'

Peaceful Painting

Aimed at all ages

Be part of painting a special mural for our site designed by fellow students and artist Lucinda Penn! This workshop is all about working together to create colourful and large-scale art. You will be guided by a 'paint by numbers' to know which areas to paint specific colours. Watch the artwork come to life as you paint and be part of something memorable!

Yogamigos

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End the day off with all round Yogamigos well-being... Yogamigo yoga sessions are a fun and creative way to improve students' physical and mental wellbeing. We focus on a combination of strength, flexibility, relaxation, and most of all – fun! Learn and take home skills to use in everyday life, promote self-esteem, positive self-image, and individual and social awareness. Come and try with some of your favourite teachers.

Guest Speakers – ThinkUKnow & Headspace

Aimed at year 7-12s and parents

Think U Know will be presenting cybersafety information for our students and Headspace will provide a presentation on mental health and useful strategies for secondary students.

Activities!

Thursday

Bush Tucker

Aimed at all ages

Karen Shaw from Australian Native Foods will conduct a presentation, with tasting and samples. The presentation will be about growing and preparing native foods.

RUOK? Day Workshop

Aimed at year 7-12s

Come along to a fun interactive workshop to learn about R U OK day. You will be able to take part in activities, watch videos, and make some new friends through working together as a group. In the true spirit of Wellbeing Week, you will learn some great new steps to checking in on your friends and family, and how to ask if they are OK."

Board Games

Aimed at year 7-12s

Lego and Robotics

Aimed at R-6s

Come and attend the robotics workshop, have some fun building Lego and working with our Edison robots, teach your robots how to follow a course, or get them to function by clapping or making sounds near them! Get creative with Lego, or simply manipulate the robots with a multitude of functions!

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Making Stress Balls & Mindful Colouring

Aimed at year 7-12s