


OLR Wellbeing Challenge

Record three things you are grateful for today.	Send a special text to a family member who doesn't live with you.	<i>Play a board game with your family members. And then another!</i>	Break out a tune with your family members and do some Karaoke. Use Sing King on YouTube	<i>Learn a magic trick to perform in front of your family.</i>	Make a 'Fab File' Collect work certificates and pictures that you are proud of and cards from people that you care about. Look at it whenever you might be feeling low.
Play a game of hide and seek with other members of your family.	Complete a puzzle together with other members of your family	Complete a relaxation from the PEACE OUT kids on Youtube.	Facetime or Zoom a member from your family.	Make up a dance with other members of your family and video it to send to others.	THINK OF SOMEONE THAT HELPS YOU IN SOME WAY AND WRITE A SHORT LETTER TO THANK THEM
Play a card game with some of your family members.	Write an email to someone you haven't chatted to in a long time	Go for a walk around your neighbourhood and find an avenue, a coloured letterbox & a yellow car. Add two other things to this list to spot. (Stay Covidsafe and with mum and Dad)	Write an affirmation for each family member and leave it somewhere you know they will find it.	Create an indoor picnic and serve mum and dad a yummy meal.	Use an old sock and create a sock puppet. Put together a sock puppet play.
Grab props or dress ups from around the house and have a family photo shoot.	Visit an interactive museum e.g. metmuseum.org Taronga TV Taronga Conservation Society Australia	Draw or paint a picture of a tree or plant in your garden or indoors.	Turn your TV room into a cinema and schedule time to watch a movie together with your family. (with popcorn of course!)	Create bookmarks and read part of your favourite book to a family member	Write a list of 10 things that make you happy, that you are grateful for or you are good at
<i>Play limbo with your family members listening to your favourite songs.</i>	Reminisce & look back through some of your old family photos. Organise them into years.	Learn basic AUSLAN and sign words to your siblings/family members or start learning another language.	<i>Go into the garden and create magical potions using natural materials and water.</i>	Lie down outdoors on a blanket, watch the clouds drift through the sky. What cloud shapes do you see?.	Write a postcard to your teacher and post it/put it in the OLR School Letter Box
Play Pictionary online with another family. Link Here	Praying in Colour! Set up a prayer space at home. Use some of these linked ideas for personal and	Create an Olympic event chalk photo outside	JOIN IN morning prayer with Andrew Chinn each day.	Recreate an old family photo.	Design and make your own board game and play it with a sibling or your family.

	family prayer.				
Do some family yoga- YouTube 'Family Yoga- Manduka Yoga'	Dress up in an outfit or costume & go for a walk with Mum or Dad around the block to make others smile. (Stay covid Safe)	<i>Get out and help in the garden. Find all the weeds that aren't supposed to be there.</i>	Research a <u>FAMOUS BUILDING</u> and recreate IT USING RECYCLABLE MATERIALS.	Plan a bushwalk to go on in your local area. (Covid safe with Mum and Dad)	Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.
Try star gazing. Look outside at night and search for the stars. Can you make any pictures or patterns with them?	Make a dream catcher and add small pictures or slips of paper that show your hopes for the future.	Grow some seeds and watch them grow. Could you work with others to create a small garden?	Make a paper aeroplane switch your family. Have a competition to see which one flies the furthest.		
<p>Other online links:</p> <p>https://www.youtube.com/channel/UC5XMF3Inoi8R9nSi8ChOsdQ</p> <p>https://www.playrugbyleague.com/league-stars/backyard</p>					