

Kindness Rocks!

One message, at just the right moment, can change someone's entire day, outlook or life. This fun activity will give you the chance to design colourful kindness rocks and learn the powerful skill of using words to inspire and motivate.

What you'll need:

- Paint
- Paint brushes
- Permanent markers
- Smooth rocks (you can get them from your garden or local garden centre)

What to do:

- Research what kindness rocks are and what their purpose is. Look online for examples of kindness rocks.
- Gather your materials
- Paint your rocks using paint and paint brushes. Be as creative as you can.
- While the paint is drying, think of some messages you could write.
- Once your rocks are dry write a message on each rock.
- Decide where to place the rocks in the local community or whether to give them to someone else like a friend, parent, sibling or neighbour.

Reflection

This activity was about doing something kind for others and thinking about the difference it makes. Imagine that you found one of the rocks while having a bad day. How would it make you feel to find the kindness rock?

All My Favourite Things Box, Wellbeing Box

A box of our favourite things can be full of positive messages and just be fun rummaging through.

What you'll need:

- Coloured pens and pencils
- A4 paper
- A glue stick
- Scissors
- Craft materials
- Magazines, unwanted posters, scraps of fabric, wrapping paper etc
- A cardboard box such as an old shoe box
- Items to fill All My Favourite Things Box



Instructions:

- Decorate your box using your materials. Wrapping paper works well but scraps of fabric or unwanted posters look even better. Make sure to decorate your lid separately so it can still open and close. Feel free to be creative and even consider decorating the inside of the box and lid.
- Write or draw positive messages on pieces of paper and pop them into the box.
- Fill the box with other items that make you happy or are associated with fond memories. They may be things from past holidays, a funny photo, your favourite DVD, in fact anything that makes you happy.

Reflection:

We all feel down at times and this activity encourages you to create a little "care pack" for those times. Why did you choose to put certain items in your box? Was it easy to think of those items?

Skipping Rope Star

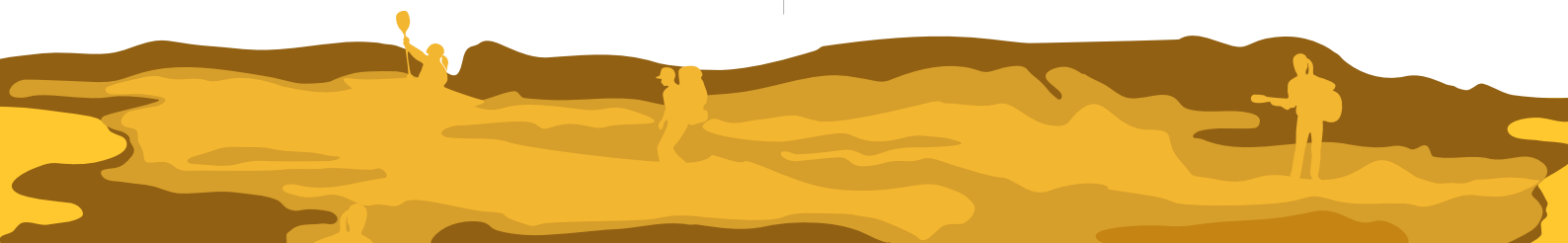
Skipping is one of those skills that can sometimes take a while to master. Let's get active and outdoors to challenge yourself to improve your skipping rope skills.

Instructions:

- Firstly, visit the Heart Foundation website <https://resources.heartfoundation.org.au/jump-rope-for-heart/skipping-skills> to check out the different skipping skills videos on display.
- Grab a skipping rope and head outdoors to practise your skipping rope skills. Before you start make sure you are away from any obstacles, uneven ground and other hazards. If you need the help of your parents or siblings ask them to join in.
- Once you've practised, can you use your skipping skills to create a skipping routine?

Reflection

Skipping is not only fun but is also one of the best forms of cardio exercise which contributes to a healthy heart. Can you think of any other exercises that you can do at home that will improve your hearts health?



Nature Walk Scavenger Hunt

Often as not a scavenger hunt involves looking for items hidden throughout the search area and then we search for them. The items usually stand out as they're not normally found in the area. For this scavenger hunt we want you to go on a nature walk around your local streets, local park or even your backyard.

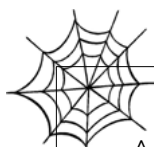
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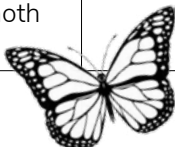

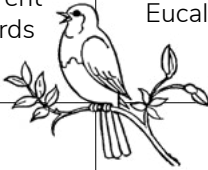

- Print off a copy of the nature items to find
- Head off on your nature walk. If you're heading to your local park make sure you have parent supervision and spend some time exploring nature.

- Consider the weather conditions before you head out and remember to wear a hat and sunscreen.
- See how many of the items you are able to find. It might mean paying close attention to your surroundings, taking time to avoid overlooking an item.

Reflection:

Going on a nature walk not only gets you outdoors and moving but also provides an opportunity to learn about the natural environment so close to home. Did you discover any animals, insects or plants that you hadn't seen before?



A spider or spider web	An ant or ant nest	Animal droppings	A nectar collector such as a bee, butterfly or moth	Seeds
A gum nut or gum leaves	 Foot prints. Whose are they?	Three different types of birds	 Eucalyptus tree	A bug with wings
A colourful feather	A snail or slug 	A shiny green leaf	 A non-native tree or bush	A mystery object. What did you find?
A worm	An interesting rock	Flowers	A source of water	Weeds
A path or trail 	Rubbish. Should this be here?	Trees 	A tree with fruit	A ladybird 