

School Break Survival Guide

Ideas for activities you can do at home over the break.

1. Do a puzzle
2. Read a book.
3. Write a song
4. Do yoga (you can find many instructional videos on youtube).
5. Create a signature if you don't have one already.
6. Write someone a letter.
7. Start a journal and write about your experience of this time. This will be great to show future generations.
8. Play board games.
9. Create a vision board.
10. Start a gratitude list.
11. Have a bubble bath.
12. Learn a new skill (juggling, magic tricks etc.).
13. Get outside and try to draw what you see.
14. Write a poem or short story.
15. Clean your room or another area of your house.
16. Make a friendship bracelet to give to a friend when you next see them.
17. Rearrange your furniture.

18. Discover some new music – ask your friends what they're listening to.
19. Reorganise your clothes.
20. Think about how you can do a kind act for someone from a distance.
21. Marie Kondo your drawers.
22. Learn a dance routine.
23. Challenge yourself to some exercise challenges and try to beat each day – plank holds, wall squats, max push ups/ sit ups.
24. Study – get ahead for when school goes back.
25. Set some personal goals for yourself – what part of you would you like to improve?
26. Learn origami
27. Have a picnic lunch in your backyard.
28. Have a paper aeroplane challenge with your family.
29. Write a bucket list.
30. Paint your nails.
31. Write thank you notes
32. Stretch each day – see if you can improve your flexibility
33. Meditate

This list requires technology:

34. Learn about a new topic. Scholastic have 10 free online courses available at: <https://classroommagazines.scholastic.com/support/learnathome/grades-6-12.html>
35. Go on a virtual tour of a museums all around the world. <https://www.familiesmagazine.com.au/museum-virtual-tours/>
36. Listen to a podcast.
37. Listen to an audio book. If you are a library member you can get these free through the 'Libby' app.
38. Visit a virtual zoo <https://www.zoo.org.au/animal-house>
39. Discover your personal strengths – do the VIA character strengths quiz at <https://www.viacharacter.org/>
40. Learn a language. Try the Duolingo app.
41. Explore world landmarks <https://artsandculture.google.com/project/street-view>
42. Have virtual group catch ups with mates over video chats (eg. Messenger)

WHERE TO GO FOR HELP

Helpful Websites and Phone Numbers

Websites:

www.youthbeyondblue.com/
www.reachout.com
www.headspace.org.au/
www.copmi.net.au

(Children of Parents with Mental Illness)

Phone Numbers:

- Kids Help Line 1800 55 1800 (free)
 - Headspace 1800 650 890
 - Beyond Blue 1300 22 4636
 - Lifeline 13 11 14

Online Counselling:

www.eheadspace.org.au/
www.kidshelpline.com.au/teens/
www.beyondblue.org.au/



Useful Apps



Happify – science based activities for stress and anxiety relief



SuperBetter – games to increase resilience



ReachOut WorryTime - a place to store worries, and alerts you when it's time to think about them



MindShift – helps teens and young adults cope with anxiety



ReachOut Breathe – helps reduce the physical symptoms of stress and anxiety



What's Up? - teaches methods to help you cope with different emotions



In Hand – tracks mood; activities to bring you back to balance



Miyo – self reflection journal to track your wellbeing



Music eEscape – develop playlists to match your mood; use to express, enhance or change mood



MoodKit – mood improvement tools



Headspace – meditation app to help with stress and worry



Smiling minds– meditation app to help with stress and worry



Breakup Shakeup - provides ideas for things to do to cope after a breakup



Beyond Now - suicide safety planning app



YouthBeyondBlue The Check-In - takes you through how you might check in and support a friend



Recharge – for males; helps establish a good sleep/wake routine to improve wellbeing