



# WELLBEING TOOLKIT FOR SCHOOLS

## OVERVIEW

This toolkit provides links to a range of free wellbeing resources for use by schools.

It provides wellbeing resources for primary students, secondary students, parents and carers, and school staff.

The toolkit also provides links to a range of free COVID-19 resources that have been designed for children, youth, parents and carers.

It has been developed to assist south west Victorian schools to support their students, families and staff during the COV-19 disruption.

## RECOMMENDATIONS FOR ADDITIONAL RESOURCES

If you are using wellbeing resources that you would recommend to colleagues, and that are not included in this toolkit, it would be helpful if you could pass these on so that they can be added to this toolkit.

Please email: [helen@swllen.net.au](mailto:helen@swllen.net.au)

### PRIMARY SCHOOL STUDENTS

The resources below have been mostly designed as classroom activities; however, some could be adapted to be delivered remotely and flexibly.

Ideas on how to adapt classroom wellbeing activities for online delivery are welcomed. Please email: [helen@swllen.net.au](mailto:helen@swllen.net.au)

<a href="#"><u>Bertrand the bored and the imagination jar</u></a>	Some children missing school are getting bored at home. This new story book has been designed for parents, carers and schools to help explore how boredom can be kept away by imagination.
<a href="#"><u>Chill out!</u></a>	Includes 11 short classroom relaxation exercises organised by age range from prep to Year 12
<a href="#"><u>Circle time: A whole school approach</u></a>	A downloadable document that outlines the aim of circle time in schools and provides useful examples of a range of circle time activities for primary and secondary school students.
<a href="#"><u>Energizers for grades K-2</u></a>	A downloadable document with an extensive range of ideas for incorporating physical activity with academic concepts for prep to Year 2
<a href="#"><u>Fit</u></a>	A range of free downloadable resources suitable for classrooms that are designed to help children make healthy choices.  Topics include food, mood, move, recharge and more.
<a href="#"><u>Gonoodle</u></a>	A range of movement and mindfulness resources for primary school students.
<a href="#"><u>Hope cloud activity</u></a>	This activity works well with children of any age, provides a good starter for the beginning of the academic year and <b>for when students return to the classroom for their learning</b> . Asking children to think about their dreams and hopes for the next academic year helps them to feel able to cope with things that happen or problems they want to solve.
<a href="#"><u>Move to learn fitness energizers</u></a>	A range of downloadable age specific resources including sound tracks for primary school classroom energising activities.

<a href="#"><u>Strategies for nurturing kind, supportive and emotionally aware kids</u></a>	Links to resources teachers can use to help children focus on positivity and kindness and explore their emotions in engaging and meaningful ways.
<a href="#"><u>Student wellbeing hub</u></a>	Provides links to a range of resources for primary and secondary students, families and educators.
<a href="#"><u>What keeps us going</u></a>	An activity to help students think about the things that help them to get through difficult times.

## SECONDARY SCHOOL STUDENTS

The resources below have been mostly designed as classroom activities; however, some could be adapted to be delivered flexibly.

If you have ideas on how to adapt classroom wellbeing activities for online delivery welcomed. Please email: [helen@swllen.net.au](mailto:helen@swllen.net.au)

<a href="#"><u>Chill out!</u></a>	Includes 11 short classroom relaxation exercises organised by age range from prep to Year 12
<a href="#"><u>Circle time: A whole school approach</u></a>	A downloadable document that outlines the aim of circle time in schools and provides useful examples of a range of circle time activities for primary and secondary school students.
<a href="#"><u>Hope cloud activity</u></a>	This activity works well with children of any age, provides a good starter for the beginning of the academic year and <b>for when students return to school for their learning</b> . Asking children to think about their dreams and hopes for the next academic year helps them to feel able to cope with things that happen or problems they want to solve. This activity can also be used with school staff.
<a href="#"><u>How to make a self-soothe box</u></a>	A self-regulation intervention to manage feelings of anxiety or panic and to help a young person feel more grounded and relaxed.
<a href="#"><u>REACHOUT.com</u></a>	Australia's leading youth mental health and wellbeing web site, with fact sheets, forums, stories and apps to help young people understand and manage their mental health.  Although designed for secondary school students, this collection of activities including 'wellbeing fives' provides some ideas that may be adapted for younger students.
<a href="#"><u>Student wellbeing hub</u></a>	Provides links to a range of resources for primary and secondary students, families and educators.
<a href="#"><u>What keeps us going</u></a>	An activity to help students think about the things that help them to get through difficult times.
<a href="#"><u>Youthbeyondblue.com</u></a>	Beyond Blue's youth information website aims to empower young people, their friends and those who care for them to respond to depressions and anxiety.

## PARENTS AND CARERS

<a href="#"><u>5 ways to wellbeing</u></a>	<p>'5 Ways to Wellbeing' introduces five simple and effective ways to improve psychological and emotional health.</p> <p>It provides a range of practical tools and resources for individuals and professionals.</p>
<a href="#"><u>7 guiding principles for parents teaching from home</u></a>	<p>Suggestions to help parents create meaningful and effective at-home learning opportunities during the pandemic.</p>
<a href="#"><u>At home together with the four Ms</u></a>	<p>Suggestions for online activities for families to access and share together at home to encourage movement, mindfulness, making and message. <b>Some of these activities could be incorporated in school remote and flexible learning activities.</b></p>
<a href="#"><u>Bertrand the bored and the imagination jar</u></a>	<p>Some children missing school are getting bored at home. This new story book has been designed for parents, carers and schools to help explore how boredom can be kept away by imagination.</p>
<a href="#"><u>Bringing up great kids</u></a>	<p>A resource for parents and carers with an extensive range of topics.</p>
<a href="#"><u>Find your feet transition tips for parents</u></a>	<p>Designed for parents to help them support their children to cope with change.</p>
<a href="#"><u>Parents' survival guide</u></a>	<p>Tips and links to resources for parenting including an A to Z list of topics.</p>
<a href="#"><u>Parents' wellbeing</u></a>	<p>Tips for schools to promote parents' wellbeing.</p>
<a href="#"><u>Student wellbeing hub</u></a>	<p>Provides links to a range of resources for primary and secondary students, families and educators.</p>
<a href="#"><u>Supporting your teen during coronavirus</u></a>	<p>A range of resources to help parents and carers to support their teen during coronavirus and the uncertainty it brings.</p>
<a href="#"><u>Thoughtful parenting DVD</u></a>	<p>Designed for parents and carers to think about what is important to you about your parenting, to generate discussion and explore themes relevant to parenting – the issues, the joys and the challenges.</p>
<a href="#"><u>Tips leaflet for parents: How to support your child during the coronavirus pandemic</u></a>	<p>Useful tips for parents and carers to help them support their child during this difficult time.</p>

## SCHOOL STAFF

<a href="#"><u>Caring for the wellbeing of teachers and school staff</u></a>	Topics include: <ul style="list-style-type: none"> <li>• caring for the wellbeing of teachers and school staff</li> <li>• the causes of stress among teachers</li> <li>• how to support wellbeing in your school</li> </ul>
<a href="#"><u>10 wellbeing tips for school staff</u></a>	Developed for school staff working from home during the pandemic.
<a href="#"><u>Hope cloud activity</u></a>	This activity works well with children of any age and provides a good starter for the beginning of the academic year. Asking children to think about their dreams and hopes for the next academic year helps them to feel able to cope with things that happen or problems they want to solve. <b>This activity can also be used with school staff.</b>
<a href="#"><u>Managing stress and anxiety: A teacher resource kit</u></a>	A kit that can be downloaded and used by teachers to both create a classroom space that is anxiety-aware and discover methods to implement within the classroom when students' stress become elevated.
<a href="#"><u>Self-care for school staff</u></a>	A professional development activity for school staff.
<a href="#"><u>Student wellbeing hub</u></a>	Provides links to a range of resources for primary and secondary students, families and educators.
<a href="#"><u>Teacher wellbeing</u></a>	A range of topics related to teacher wellbeing.

INFORMATION FOR CHILDREN, YOUNG PEOPLE AND FAMILIES ABOUT COVID-19	
<a href="#"><u>Children's guide to coronavirus</u></a>	A downloadable resource developed in the UK that explains coronavirus and provides suggestions for 'stuff' to do at home including links to a range of resources including PE with Joe Wicks.
<a href="#"><u>Children's mental health during COVID-19</u></a>	Emerging Minds podcast that runs for about 27 minutes. Includes key strategies for parents and carers.
<a href="#"><u>Coronavirus: A book for children</u></a>	A downloadable illustrated book that could be used by parents and carers to share with their children and discuss issues that are worrying children
<a href="#"><u>COVID-19 support resources</u></a>	Student wellbeing hub that provides a range of links to resources for staff, students and parents
<a href="#"><u>Managing routines or children during the COVID-19 pandemic</u></a>	A range of resources for parents and carers.
<a href="#"><u>Many ways to share a hug</u></a>	A downloadable illustrated book (five pages) that explains some of the temporary changes to ordinary life due to COVID-19 through the eyes of a hug. <b>Could be used by schools as the basis for an activity for remote and flexible learning</b>
<a href="#"><u>Matilda and Theo: Looking after our lost and found things in the time of coronavirus</u></a>	A downloadable illustrated story (9 pages) that highlights not just the things we have lost due to COVID-19 but important things we have found. <b>Could be used by schools as the basis for an activity for remote and flexible learning</b>
<a href="#"><u>New Zealand Police teen chat on COVID-19</u></a>	An amusing video providing advice to youth about staying at home during COVID-19 social isolating.
<a href="#"><u>Things to look forward to after the coronavirus</u></a>	A four-page downloadable resource that includes activities for children to think about and discuss life after social isolation. <b>Could be used by schools as the basis for an activity for remote and flexible learning.</b>
<a href="#"><u>Understanding coronavirus for kids</u></a>	A downloadable illustrated book (9 pages) to explain COVID-19 to Children to help manage worry and anxiety.

This resource has been developed by South West Local Learning and Employment Network (SW LLEN). SW LLEN is mostly funded by the Department of Education & Training.



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