

Healthy, active body and mind

Resource booklet for families



This resource booklet has been designed to accompany the learning from home resources designed for teachers. Each booklet covers a different learning area and is designed to be used by families in the home so they can offer play experiences that will support their child's learning in this area. It also unpacks some of the learning that will happen.

The learning outcome that links to this resource booklet is:

Learning Outcome 3: Children have a strong sense of wellbeing

- Children become strong in their social and emotional wellbeing

The learning concepts covered in this resource are:

- Learn how to manage feelings and emotions
- Healthy bodies and minds

When children are enabled to feel safe, secure and supported they can grow in confidence to explore and learn.

Families are encouraged to investigate and explore play experiences incorporating local Aboriginal history and culture, when and where appropriate.

Learn how to manage feelings and emotions

There are many play experiences that can be offered in the home to support children to explore positive ways of dealing with emotions and responding to events in their lives.

Play experiences

- Drawing:
 - Encourage your child to draw a picture of a thought that makes them happy or sad. Talk about the drawing and reflect on it together.
- Storytelling:
 - Read a book where someone experiences an emotion. Discuss this with your child, for example: How do you think James is feeling? What else could he had done? What do you think he wants? How could he change his thinking?
 - Read a book which highlights different points of view of the characters and talk about this. For example, I wonder if Sarah knew Jane felt that way?

- Drama/ mindfulness:
 - Listen to the 'Rainbow Breath' and encourage children to focus their attention on their breathing [youtube.com/watch?v=O29e4rRMrV4](https://www.youtube.com/watch?v=O29e4rRMrV4)
 - Mindfulness with children [youtube.com/watch?v=wf5K3pP2IUQ](https://www.youtube.com/watch?v=wf5K3pP2IUQ)
 - Encourage your child to make up their own story about feeling happy or sad to act out.
 - Play relaxation music tracks.
- Games:
 - Play a memory or matching game. Acknowledge feelings at the end of the game, discuss the child's successes in the game and encourage positive responses to winning and losing.
 - Play a game of musical statues. Explain that our brain helps us decide many things during the day.
 - Use the traffic light visual resource to support children to use strategies to make decisions while playing a cooperative game of 'Red Light, Green Light' clipart-library.com/traffic-light-template.html playworks.org/resource/game-of-the-week-red-light-green-light/

Questions to support your child's learning

- Talk to your child about how thoughts and emotions are linked:
 - 'Sometimes we may think of something and it makes us happy'.
 - 'When I think of my dog, I feel happy'.
 - 'What makes you happy?'
- When playing games with your child discuss:
 - the importance of turn taking and wait times
 - that it is ok to experience both winning and losing.

What will your child learn?

- To recognise the emotions of themselves and others
- Positive ways of self-regulating, dealing with emotions and responding to events
- Build resilience to manage feelings and cope with challenges and the unexpected when interacting with others
- To take turns with games with rules
- Listen and remember instructions and pay attention in a game

Healthy bodies and minds

There are many play experiences that can be offered in the home to help children understand the relationship between a healthy body and a healthy mind.

Play experiences

Drama/ mindfulness

- Listen to environmental sounds indoors with eyes closed, sitting cross-legged. What can you hear? Make a list. Compare your list with the next time you listen. Repeat for outdoors
- Play relaxation music tracks.
- Access technology to support mindful practice:
 - Headspace for Kids: Explore 5 themes for children to explore – calm, focus, kindness, sleep and wake up: [headspace.com/meditation/kids](https://www.headspace.com/meditation/kids)
 - Smiling Mind: Web and app-based meditation program developed by psychologists and educators to help bring mindfulness into your life: [smilingmind.com.au](https://www.smilingmind.com.au)
 - Go Noodle: Try the body breathing, here and now video, to help children connect with being in the moment. [gonoodle.com](https://www.gonoodle.com)
- Try some yoga poses.
- Create a space with hammocks and swings using towels, saris and tablecloths for swinging and relaxing – or make them for toys to swing in.

Physical activity

- Balancing – beams, wobble boards, planks of wood, logs, chalk lines, stepping logs and stones.
- Building - Building activities can include stacking items, or making constructions such as cubby houses. Suggestions for equipment: Wooden blocks, sand, buckets, boxes, planks of wood, tyres, old linen and furniture.
- Creative movement – dancing to your child's favourite music.
- Make musical instruments to dance with out of household items. For example, drums made from pots and pans, shakers made from a container of rice, streamers and ribbons.

Questions to support your child's learning

- What emotions do you feel when you use your body?
- How does it make your body feel when you listen to quiet sounds?
- Does it feel different to when you are dancing, moving or making music?
- Pay attention to your breathing when sitting still. Is it fast or slow? What happens when you move about or dance?

What will your child learn?

- Physical activity is purposeful and enjoyable
- Rest and relaxation is good for our minds and bodies