



## **Wellbeing Workbook from the Pastoral Care Team**

The pastoral care team are committed to keeping Clontarf students strong and well, even when they can not be at school. As such we have developed a book with some weekly exercises designed to get the brain stimulated and thinking about self care. Each page is designed for each week for the next 8 weeks.

Please know that if anyone has any questions, we are more than happy to answer them.

Please do not hesitate to contact Danny, Terri or Olivia at the school on (08) 9251 0666.

# Activities that use rhythm or beat can help your body feel good.

Repeating a beat or an action helps the brain to understand how to regulate.

For example pay attention to the beating of your heart. Now bounce ball or jump on the trampoline at the same pace for a minute or two.

- Write down what you noticed and what you felt?

---

---

---

Here are some activities that use repetitive patterns.



- What are some activities that you could do that use repetitive patterns and help make you feel good? (List three)

---

---

---

**Activity to try:**

## Desktop Drumming

Type in the YouTube link below  
(or click on the link) to look at the activity.



<https://www.youtube.com/watch?v=2-MpzjxEVBU>

### Reflection

Try some of the activities listed in this exercise, including the desktop drumming. Notice how you felt before and after the activity.

# Gratitude Journaling

Gratitude means being thankful.

Making time to do some gratitude journaling is about finding the good things that have happened in a day and writing them down.

Finding the positives in the day can really help us feel emotionally connected and well.

This week, let's practice daily gratitude.

## Monday

One good thing that happened to me today was.....

---

## Tuesday

Something good that I saw someone do was.....

---

## Wednesday

Something funny that happened today was.....

---

## Thursday

Something/someone that I was thankful for today was....

---

## Friday

Today I am proud of myself because.....

---

## Something to think about

What did I notice about myself when I was writing about the daily gratitude's?

How did it make me feel?

If you enjoyed that activity, you could make your own gratitude journal by noting down what is was that you enjoyed about your day. If you don't want to write it down, try thinking about something you enjoyed about the day before you go to bed. There are some free apps available for gratitude journaling. The app below is one that we have tried and found to be great:



Other great ideas to help expression are:



Writing music



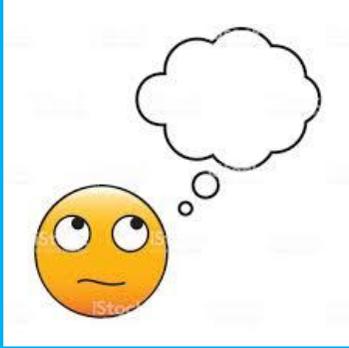
Writing Poems



Or writing a diary

If you don't want to write, try painting





# Self Talk Exercise

Stop what you are doing for thirty seconds write down every thought that comes to your mind.

Don't worry about the thoughts or judge them just notice them and write them down.

---

---

---

---

---

---

---

---

## Questions

What was it like for you when you listened to your thoughts?

---

---

---

Did you have a lot of thoughts come up or was your mind quiet?

---

---

---

Did the same thoughts come up or were there lots of different thoughts?

---

---

---

People often experience thoughts over and over, sometimes getting rid of these thoughts can be difficult. Here is a simple exercise you can try if you find that you are over thinking.

Close your eyes, imaging your thoughts are words place those thoughts on an object for example a leaf on a stream. Then watch them float away. Don't judge the words or think about them too much as a new thought comes up put it on the object and watch it go away.

Other ideas to try are words on a car that drives away, clouds that float away or an animal that runs away. Use your imagination.

# Values Challenge

**Circle three or four values that are the most important to you**

Respect	Spirituality	Learning
Culture	Discipline	Growth
Creativity	Equality	Justice
Environment	Health	Honesty
Connectedness	Kindness	Leadership
Community	Family	Hope
Challenge	Humour	Independence
Compassion	Love	Loyalty
Playfulness	Power	Tradition
Nature	Security	Religion
Tradition	Teamwork	Trustworthiness
Ambition	Adventure	Equality
Growth	Fun	Friendship
Beauty	Compassion	Courage
Freedom	Forgiveness	Fairness
Non-conformity	Peace	Self-acceptance

## Exercise

**Choose two of the values that you have circled and answer the following questions.**

**In what ways do you live these values in your life?**

---

---

---

**How can I challenge myself to demonstrate these values this week?**

---

---

---

## Personal Reflection

Every individual has different values that they live by. There are no wrongs or rights. One way that we can feel good about ourselves is to live by the values we believe in. Often when we don't live by our values we tend to feel sad or disappointed in ourselves.

# Safe place guided imagery and mindfulness of breath.

Often emotions can really make individuals feel out of control. One way to ease the distress we may feel is by breathing and using imagery.

Start by thinking about your favourite most safest place in the whole world. Now write down three things that you:

 See there (people, bush, kangaroo, beach)

---

---



Hear there (waves, wind, birds, trees, water)

---

---



Smell there (red dirt, rain, smoke)

---

---



Taste there (salt water, sweet berries, fresh water)

---

---



Feel there

---

---

Now that you have thought about what you experience using the senses at your safe place try and use mindfulness of breath.

Breath in for the count of six then out for the count of six. Once you have got your breathing under control.

Close your eyes return to your safe place and think about the things you can see, hear smell, taste and feel there.

Take notice of how you feel after you have been there.



# Expression through rap music

Music can be a great way to express how we feel. Have a go at writing lyrics for a rap song.  
If you don't know where to start try this activity...

The object of this activity is to make a rap song using information out of the designated columns. There are a few examples in each column but feel free to add your own and use them in your own song. You do not have to stick to the template you can certainly make your own rap song.

Each column relates to a line of the song. Remember these are just some ideas you can write what you like.

- (1) Check my \_\_\_\_\_  
 (2) Roll up to the \_\_\_\_\_ tonight  
 (3) Grab some \_\_\_\_\_  
 (4) They're crankin' \_\_\_\_\_ just right  
 (5) Those \_\_\_\_\_ ain't got a clue  
 (6) How things \_\_\_\_\_ round here  
 (7) Turn your \_\_\_\_\_ towards the south  
 (8) A bunch of \_\_\_\_\_ just keepin' it real

## CHORUS

- (9) We aint startin' no \_\_\_\_\_  
 (10) Just watchin the (girls, guys, people) \_\_\_\_\_  
 (11) (your name) \_\_\_\_\_ tellin its how it's done.  
 (12) Just real \_\_\_\_\_ havin' some fun

Repeat Chorus – you can slightly change the options if you like

- (13) Now my \_\_\_\_\_ taught me  
 (14) How to \_\_\_\_\_  
 (15) So nothin' \_\_\_\_\_  
 (16) Is gonna \_\_\_\_\_

Lines: 1,7	Lines: 2,	Lines:3,4,5,7,12,13	Lines:6	Lines: 9,10,14	Lines:15,16
Object	Place	Things/people	Travel words	Action	phrase
Mic Phone Self Crew	Club Beach Party Pool city	Chips Drink Friends Music Michael Jackson People Mates Fools People Muma	Flow Go Fly cruise	Fight Run Fun Go down Be polite	You go You do You say Make me feel Make me run away

When you have finished try recording your song. There are lots of free apps you can use. Ones we have tried include Rapchat and Music Maker Jam.

Chorus times two again

# Challenge Week

This week we would like you to challenge yourself to try or do something that you haven't done before or haven't succeeded at. Some examples might be running a new distance, origami, singing a song, telling someone how you feel, trying a food that you previously disliked.

My Challenge is:

---

---

Was I able to complete my challenge Y/N

How did I do it/ what stopped me?

---

---

How did that make me feel?

---

---

What will I do different next time?

---

---





Some helpful places to go if you want to talk to someone.

**National Indigenous Critical Response Team** 1800 805 801



**Lifeline** 131114—[www.lifeline.org.au](http://www.lifeline.org.au)



**Kids Helpline** call 1800 551 800



**Beyond Blue** 1300 224 636 [www.beyondblue.org.au](http://www.beyondblue.org.au)