

R U OK? Day

*A matrix to help students and families celebrate R U OK? Day on September 9th
no matter where they are!*

This an Empowering Learning Together Resource

Create a FlipGrid Video telling some jokes. Send it to a family member or friend to make them smile!	Draw a mindmap of your support network and people you can go to for support.	Make a poster to promote R U OK? Day. Put it up somewhere so others can see it.	Draw a chalk drawing on your driveway or nearby footpath to brighten up someone else's day!
	Make a Warm Fuzzies jar. Decorate the jar and add pieces of paper with things you love about each family member or your class mates.	Interview a grown up about R U OK? Day. Ask them for some ideas of what you could say to a friend who was not feeling ok.	Learn some <u>breathing exercises</u> to help you relax when you are feeling upset or worried.
Do some yoga with Cosmic Kids. Create some of your own moves.	Create a space just for you. Add your favourite books, activities, colouring in or drawing materials you like to explore and create with.	Create a 'happy dance' to your favourite song. Video it and share it with your teacher or a family member who lives far away.	Make some positive affirmation cards. I am grateful for... I am proud of... I feel calm when... My smile is...
Make a care package with a card, craft and/or little gift to give to a friend or family member to show you are thinking of them.	Take a walk in nature and collect some items that make you happy. Create a sensory nature table at home and add to it each day.	Cut out some pictures from a magazine and create a collage showing different emotions you have experienced.	Make a life size 'hug' and send it to someone special. 