

SENIOR SCHOOL - GRADE 3 TO GRADE 6

MINDFULNESS

Bring it down	https://www.youtube.com/watch?v=bRkILioT_NA
Rest well	https://www.youtube.com/watch?v=Y-Ovp4lpSpQ
Rainbow breath	https://www.youtube.com/watch?v=O29e4rRMrV4
On and off	https://www.youtube.com/watch?v=1ZP-TMr984s
Melting	https://www.youtube.com/watch?v=fTzXFPh6CPI
Victorious	https://www.youtube.com/watch?v=rC0m_-HQcRU
Let's unwind	https://www.youtube.com/watch?v=k4gkvyZYxb0
Be kind to yourself	https://www.youtube.com/watch?v=CEk9KvPXKEQ
Strengthen your focus	https://www.youtube.com/watch?v=0vuaCHEAs-4
Relieve anxiety	https://www.youtube.com/watch?v=N2iF7lCevkM
Own your power	https://www.youtube.com/watch?v=08DReTGmkDg
Find peace	https://www.youtube.com/watch?v=bYIRFIzl4WA
Light as a feather	https://www.youtube.com/watch?v=chBWNNeNYono
Shake it off	https://www.youtube.com/watch?v=eSUbuM3pT4E
Have compassion	https://www.youtube.com/watch?v=oEplqZYUUVk
Smiling Mind	https://www.smilingmind.com.au/
4-7-8 Breathing	https://youtu.be/UxbdX-5eOOo

HAVE FUN!

Lunch dance	https://www.youtube.com/watch?v=SY1VL-Jhn90
Do the dab	https://www.youtube.com/watch?v=IRcmxcXyU_g
U can't touch this	https://www.youtube.com/watch?v=RbzcLzMPyIq
Small foot	https://www.youtube.com/watch?v=T9T5fJDy_ig
Can't stop this feeling	https://www.youtube.com/watch?v=KhfkYzUwYFk
How to floss	https://youtu.be/TGiYrY2bUPc
Banana banana meatball	https://www.youtube.com/watch?v=BQ9q4U2P3ig

BOOKS

The Bad Seed	https://www.youtube.com/watch?v=6uK-gIul8DU
A bad case of stripes	https://youtu.be/QqnChSV2mdM
The recess queen	https://www.youtube.com/watch?v=Mp3bKxYtnMM
Martin's big words	https://www.youtube.com/watch?v=43l0UnZrBmI
Enemy Pie	https://www.youtube.com/watch?v=FTM8Ccl1xs

LEARN SOMETHING NEW

Bullying is not ok	https://kidshelpline.com.au/kids/issues/bullying-not-ok
Fights with friends	https://kidshelpline.com.au/kids/issues/fights-friends
Safe on the internet	https://kidshelpline.com.au/kids/issues/being-safe-internet
Mistakes	https://kidshelpline.com.au/kids/issues/everybody-makes-mistakes
Feeling lonely	https://kidshelpline.com.au/kids/issues/feeling-lonely
Making friends	https://kidshelpline.com.au/kids/issues/making-friends
Being different	https://kidshelpline.com.au/kids/issues/being-ok-being-different

How to be happy yourself <https://kidshelpline.com.au/kids/issues/how-be-happy-being-yourself>

Gratitude

<https://youtu.be/bVycTYDd42M>

FOR GRADE 5 AND 6

Go to Project Rokit TV <https://www.projectrokit.com.au/prtv/> and choose a short information clip to watch. There's heaps to choose from!