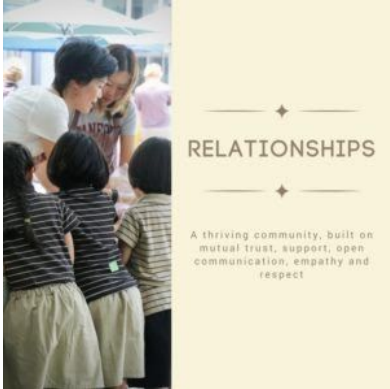





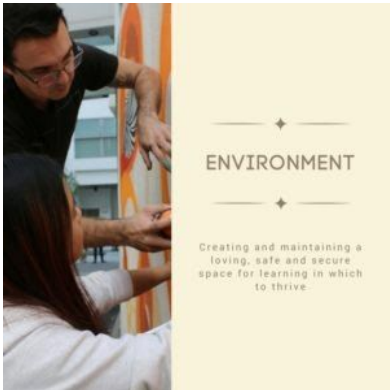
Activities to support wellbeing

At the heart of RCHK is wellbeing for our school community. This includes our identified school values and the ways we can develop these values in ourselves and others.

The RCHK counselling team has been generating a list of their favourite games or activities that you could use at home, during these unusual times. The activities will not need more than basic resources and if you haven't got something to hand then improvising is definitely the name of the game! We hope you find some fun and pleasure in trying a few of these out to add to your own family favourites.

Wellbeing #heartofrchk	Games and activities for primary.	Games and activities for secondary.
 <p><i>A thriving community built on mutual trust, support, open communication, empathy and respect.</i></p>	<p>Shadow puppets https://www.youtube.com/watch?v=Kz8wP2RYy64</p> <p>Remember when..... Get out the old photos and share family stories - any pictures of you when you were at school? Share some memories with your children.</p> <p>Play 20 questions - here's how! https://www.google.com/search?q=how+to+play+20+questions&oq=how+to+play+20+questions&aqs=chrome..69i57j0l7.11934j0j7&sourceid=chrome&ie=UTF-8#kpvalbx=_IPJNXt7FIMimmAXysZXoCg24</p> <p>Get online and say hello! Help your child arrange a google meet with a friend. They can give them a guided tour of the house or a room. Show favourite plushies or your pets.</p>	<p>'Snailmail' Postal Challenge: Get out the writing paper and write a letter, send drawings or something you have made to a friend. Hopefully they will send you a letter back!</p> <p>Time for family games Hangman, TicTacToe, card games, board games and jigsaws.</p> <p>Crafts: make it happen..... Origami or paper planes. Get on line find out how..... https://www.youtube.com/watch?v=cZdO2e8K29o</p>

 <p><i>Caring for one's physical and psychological wellbeing.</i></p>	<p>Dance using GoNoodle https://www.youtube.com/watch?v=KhfkYzUwYFk</p> <p>Mindfulness 5 minute mindfulness (suitable for 9yrs and up) https://www.youtube.com/watch?v=R9w7SjHaZmE&feature=youtu.be</p> <p>Smiling Mind - for 5 and up https://www.smilingmind.com.au/</p> <p>Headspace - includes some for under 5s https://www.headspace.com/</p>	<p>7 Minute Workout https://www.youtube.com/watch?v=ECxYJcnvyMw&fbclid=IwAR2Blua6WuzS3uh63Kum4JbKE7iSKxsntxMmMnryGnjUnvsS_dyv9fb9vpo</p> <p>Zentangles for beginners https://youtu.be/yCSONJVXcac</p> <p>Yoga for teens. (20 minutes give it a go!) https://youtu.be/7kgZnJqzNaU</p>
 <p><i>Recognising our opportunities and showing gratitude for them.</i></p>	<p>Show you care Get out the pens and paper and help your child design a card for someone who they appreciate.</p> <p>Develop the attitude of gratitude. Use these activities and suggestions. https://hellobestow.com/blog/gratitude-games/</p>	<p>Thankyou cards. Write a thank you letter or better still design your own to thank someone special for what they do.</p> <p>Savouring memories Get out the old photos or school yearbooks and share some memories with a friend.</p> <p>Happy snaps Take a picture of something each day that makes you feel happy! Get inspired by the webpage here. http://365grateful.com/original-365-project</p> <p>Random acts of kindness Think about what you could</p>

		<p>do to show someone kindness. Get inspired by the video here. https://youtu.be/xxrpO9vPeY0</p>
 <p><i>Acknowledging and celebrating the progress we make towards our goals.</i></p>	<p>Support children in celebrating their achievements. Here's how... http://fishwah.com/guides-for-parents/kids-learning-to-recognise-their-own-effort-and-progress/</p> <p>Acknowledge effort as well as achievement.</p> <p>Create a wall of fame. To recognise everyone's achievements</p>	<p>What are your strengths? Choose three that represent you and how are you using them right now? https://evada-assets.global.ssl.fastly.net/76d1ea39-a4eb-4270-b9dc-899653415f8f/assets/Youth%20Strength%20Icons.pdf</p> <p>Ask yourself what would you do if you knew you couldn't fail? And share this with someone - find out what they think too.</p>
 <p><i>Create and maintain a loving, safe and secure space for learning in which to thrive.</i></p>	<p>Grow your own food from scraps! (a great science project!) https://foodrevolution.org/blog/reduce-food-waste-grow-from-scraps/</p> <p>From trash to treasure. Collages from old magazines, decorate a box for special treasure. Create, make, enjoy!</p> <p>Take a hike away from the crowds! https://www.timeout.com/hong-kong/sport-and-fitness/hiking-trails-for-families-in-hong-kong</p>	<p>Go for a hike away from the crowds! https://www.timeout.com/hong-kong/sport-and-fitness/hiking-trails-for-families-in-hong-kong</p> <p>Time for a tidy up! Organise your space so it reflects you and makes it easier to find things!</p> <p>From trash to treasure. Here's a few ideas? https://www.youtube.com/watch?v=nDchp1e9D0w</p>

--	--	--