

MISSION



Possible

Keeping Well

A Code Book to help students, their parents and their teachers with well-being.

You have 7 missions, should you choose to accept them.

In each box write, stick in or illustrate what you did to complete your mission. You may add a photo or something much more creative!

MISSION #1

Chill out.

How do you chill out?

MISSION #2

Deep Listening.

Find a comfy place to sit and listen quietly. In the garden is best. Close your eyes. Nature's volume will go up. What did you hear?

MISSION #3

Eat healthy.

Munch into some carrots!
Cut up an apple into wedges – so much tastier cut!
Really think about what you're eating – the crunch, the taste, the juice.
What did you like best about the snack?

MISSION #4

Creative fun – Leaf Rubbing

Find a leaf from your garden and place it under here.

With a crayon (on its side is best) rub and see the leaf pattern appear!

MISSION # 6

Your garden has many hidden secrets!

Ask mum or dad to borrow their smartphone to take photos of the beauty hidden in your garden – a leaf, a cicada shell, a flower, a stone. You'd be amazed how much you find when you start really looking.

What did you find?

MISSION # 5

Random acts of kindness.

Do something nice for mum or dad!

Or maybe do something kind for your brother or sister.

What did you do that showed kindness?

MISSION #7

What are you grateful for today?

What was something you did or happen to you that you enjoyed today?