

WALKABOUT

WELLBEING ACTIVITY CARDS



feel it!

Background/First Nations Knowledge:

- First Nations people often lived outside, hunting, gathering, performing ceremonies, and enjoying life - this helped connect them to country.
- The weather was very important for their survival.
- Changes in weather and the seasons told them when and what to hunt and gather.

Location/Equipment/Instructions:

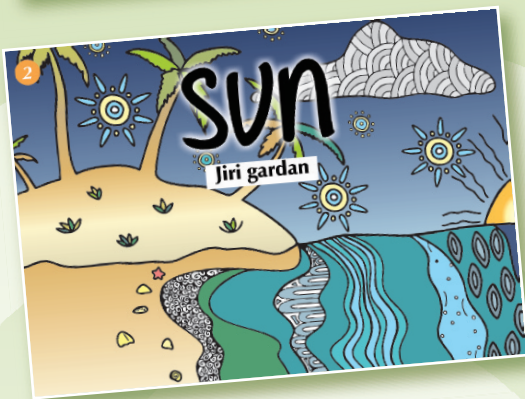
- Go outdoors and experience the weather.
- Point to where the wind and the sun are coming from.
- Watch as the wind moves through the trees.
- What do you feel? Is it cold or hot, wet or dry, windy or still?
- Close your eyes. How does it feel on your skin? How do you feel inside?
- Hold your hands up to the wind - imagine the wind blowing right through your fingers. Now imagine the wind blowing through your body.
- Imagine the wind blowing away all your problems.

Literature Links:

- *Pippa and Pelle in the Autumn Wind* - Author: Daniela Drescher
- *Noah Chases the Wind* - Author: Michelle Worthington

KNOWLEDGE BOOKS **WALK**

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WELLBEING
CARDS



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Feedback from our popular *Yarn Circles Wellbeing Cards* indicates that educators require resources which extend social and emotional wellbeing activities and life skills to an outdoor environment, and away from students' reliance on technology. For many students, a connection to nature is an alien concept – they are 'comfortably numb' to the world around them.

Walkabout Wellbeing Activity Cards reflect the benefits of the traditional walkabout of First Nations people, where they were able to get away, switch off, immerse themselves in nature, and practise living in the moment.

The 'walkabout' can take many forms, but the essential aim is to recoup mental health and wellbeing and revitalise students' interest in the real world around them. This includes a focus on real world life skills which help students to focus on activities that are positive and healthy. Our primary aim with these cards is to provide students with opportunities to spend time outdoors and connect with nature through a variety of positive experiences which target both sensory awareness and cognitive awareness.

The cards are in the style and design of our popular *Yarn Circles Wellbeing Cards*, with First Nations artwork on the back, and activities on the front. The author and artist, Trevor Fourmile's, inclusion of traditional Yidinj terms allows for further discussion around language and culture.

A comprehensive *Teachers' Resource* further enhances student wellbeing and learning opportunities. Each card is supported by two full pages of activities which include:

- Spelling and vocabulary development/practice
- Grammar and punctuation work
- Word study and dictionary work
- Oral language opportunities
- Handwriting/fine motor skills practice
- Comprehension and reading fluency
- Critical and visual literacy opportunities

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CODE	TITLE	PRICE	QTY
9781761271595	Walkabout Wellbeing Activity Cards	\$59.95	
9781761271601	Walkabout Wellbeing Activity Cards Teachers' Resource	\$49.95	
WCVP	Walkabout Wellbeing Activity Cards Value Pack: Cards + Teachers' Resource	\$99.95	