

Wellbeing Space: Happy Holidays

As term 1 comes to an end, I want to thank everyone in the Colac PS community for welcoming me into the school.

My highlights for the term have been getting to know many children in the school through whole class social and emotional lessons, and one on one sessions. More recently I have enjoyed opening up the Wellbeing Space on Mondays and Tuesdays during lunch time.

I have really enjoyed connecting with parents over the phone and I look forward to more conversations as the year progresses.

It has been so lovely to join the CPS staff and I have really loved being back in a school and working with other amazing professionals. I am going to learn a lot from the staff, children and families of CPS.

This week in Wellbeing I worked in all the 3-6 classrooms to complete a Wellbeing Survey with all the children. Some classes participated in some mindfulness activities that got them reflecting on how movement and a bit of silliness can also help us get in to the green zone, where they are ready to learn. The 3/4 classes enjoyed the game of 'Toga' where they took their shoes and socks off to use their toes to pick up pom poms and place them in a cup. Some children thought this was very weird, and quite tickly. The other activity we did involved different ways that you can move a feather, drop it, or pass it by using our breath.













Below is children from room 7 completing a body mapping activity. The children connected colours with sensations and emotions in their body. A lot of children made connections with the four zones colours.

Have a safe and happy holidays everyone, Rosie



Name: _____ Date: _____

How are you feeling today?

| | | | |
|--|--|--|--|
|  happy |  disappointed |  sad |  angry |
|  tired |  smiling |  embarrassed |  downcast |
|  crying |  sour |  drooping |  silly |

Choose an emotion that matches how you're feeling today.

Why do you feel this way?

Is there anything you would like to share with your teacher?

Would you like to talk about this with your teacher?

Circle: YES NO MAYBE

The 4/5/6 classes all participated in a check-in using the following sheet. These check-ins are a great way to gauge how the class is as a whole and if there are any children that need additional support with their feelings.