

# artconnection

INSTRUCTIONAL GUIDE FOR EDUCATORS



# Contents

## SECTION 1

### **Art Activities and Conversation Points** ..... 6

Zentangles ..... 7

Mandalas ..... 7

Watercolour Transparencies ..... 8

Painting with Tea ..... 8

Strange Creatures..... 9

Scribble Drawing ..... 9

Cross Contour Drawing ..... 10

Observational Grids..... 10

Drawing a Lime Wedge..... 11

Layered Picture Making ..... 11

Understanding Value ..... 12

Drawing Fabric ..... 12

Self Portrait..... 13

Yayoi Kusama’s Pumpkins ..... 13

Favourite Artist ..... 14

Matisse Paper Cut Outs..... 14

## SECTION 2

### **Mental Health Topics** ..... 15

Stress and Anxiety ..... 16

Self-talk and Managing Difficult

Emotions ..... 17

Mindfulness ..... 18

Relaxation ..... 19

Emotions ..... 20

Self-esteem..... 21

Resilience..... 22

Practice and Neuroplasticity..... 23

Gratitude ..... 24

Creativity ..... 25

## SECTION 3

### **Further Resources and Supports** ..... 26-27

The content of this Guidebook has been written and collated by the School Focused Youth Service Coordinators in collaboration with Ballarat Community Health Mental Health Practitioners.

Illustrations and artworks presented in this publication were created by Tenar Dwyer and Alisa Tanaka-King and as such are the IP of the creators. They are not intended for reproduction by any external parties. Graphic design (by Amber Mathews Design) is owned by Ballarat Community Health and has been designed for the School Focused Youth Services Art Connection project. Content within this publication is for public consumption, however the illustrations and artworks remain the property of the respective artists.

The School Focused Youth Service program is funded by the Victorian Government Department of Education and Training.

School Focused Youth Service would like to thank Siena Primary School and Darley Primary School for the use of student photos in this Guidebook.

© Ballarat Community Health 2022

# How to Use This Guidebook

This guide is intended to accompany the “Art Connection: Student Workbook”. It includes optional discussion points and ideas to assist educators to have conversations with students about positive mental health. These are provided as a guide only and are not intended to provide therapeutic supports.

The first section *Art Activities and Conversation Points* includes the art activities outlined in the student workbook, along with suggested conversation points covering some of the themes and topics that relate to mental health and wellbeing. The next section *Mental Health Topics* includes further information, links and resources for related topics such as ‘Anxiety and Stress’ and ‘Mindfulness’.

The resources are arranged into the suggested age range that they are suitable for, indicated by the following letters:

**S** Senior **M** Middle **UP** Upper Primary **ALL** All Ages

However, we acknowledge that all students are different and encourage you to choose whichever resources are most appropriate for your group.

The *Art Activities and Conversation Points* section also includes handy symbols linking each art activity to the

relevant mental health topics in the *Mental Health Topics* section. The key to these symbols can be found below.

The mental health topics included here also link closely with the Victorian Department of Education and Training (DET) *Respectful Relationships* program. The *Resilience, Rights and Respectful Relationships* learning materials can be found here: [fuse.education.vic.gov.au/ResourcePackage/ByPin?pin=2JZX4R](https://fuse.education.vic.gov.au/ResourcePackage/ByPin?pin=2JZX4R). The *Positive Coping, Problem-Solving, Stress Management* sections are particularly relevant.

For Grade 6 and Year 7 students, they also link well with activities in the *Student Transition and Resilience Training (START)* resource ([www2.education.vic.gov.au/pal/transition-year-6-7/resources](http://www2.education.vic.gov.au/pal/transition-year-6-7/resources)) and *START Summary* resource ([bchc.org.au/wp-content/uploads/2021/03/start-summary-resource-02-2021update.pdf](http://bchc.org.au/wp-content/uploads/2021/03/start-summary-resource-02-2021update.pdf)).

## Mental Health Topics - Symbols Key



Stress & Anxiety



Self-esteem



Self-talk & Managing Difficult Emotions



Resilience



Mindfulness



Practice & Neuroplasticity



Relaxation



Gratitude



Emotions



Creativity



# Art Materials

Please see below a list of materials that the School Focused Youth Service provided for each student participating in the program. This is a suggested list of materials only, you may choose to use materials that your school/agency already have on hand.

- 1x pad of heavy weight mixed media paper (50 sheets)
- 1x HB, 2B and 4B pencil
- 1x 12 pack colour pencils
- 1x 12 pack colour markers
- 1x fine liner
- 1x biro
- 1x hard eraser
- 1x kneadable eraser
- 1x pair of scissors
- 1x glue stick
- 1x sharpener
- 1x pack of mixed watercolour brushes
- 1x pack of 12 watercolour paints
- 1x plastic paint palette
- Sheets of mixed coloured paper

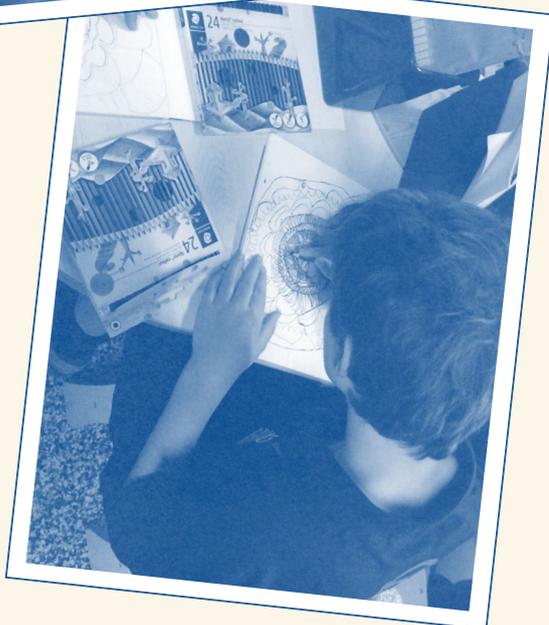
## Printing Your Own Copies

To download printable copies of the Art Connection: Student Workbook and/or the Art Connection: Instructional Guide for Educators, please use the following link: <https://bchc.org.au/sfys/>

## Instructional Videos

Each activity in the Student Workbook has a short instructional video. These videos can be found at <https://vimeo.com/channels/1640502>.

Please note that some of these videos were created for a previous project, so content may be slightly different to the workbook. However, the approaches covered are just the same and these videos can be used in whatever way suits the delivery of the art activities.



## Program Delivery Suggestions

The program was initially designed for students during the 2020-2021 Covid-19 "Learning from Home" periods. The program is designed to be used by facilitators in whichever way they feel will be the most accessible and engaging for students.

However, we do have some suggestions for delivery:

- Send the Workbook and materials home with students and give them a different set activity to attempt each week. Allocate time each week to bring the students together to discuss the activity, using the Educators Guide to help facilitate the conversation.
- Complete the activities at school with small groups, using the videos and Educators Guide as needed.
- Use the program one-on-one with students, using the activity as a conversation prompt.
- Use the program as a group lunchtime activity for students who have problems with friendships/schoolyard socialisation.

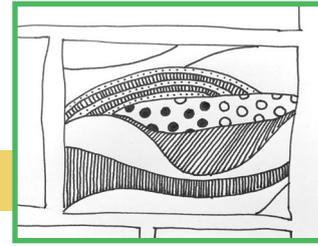
# Art Activities & Conversation Points

## General conversation points for all activities:

- How did you find the activity?
- Did you enjoy it? Why/why not?
- How did you feel before/after the activity?
- Is this an activity you might do again? When/where?
- What do you think of your finished artwork?
- How does this link to your mental health?



# ZENTANGLES



This activity is great for focusing and calming the mind as well as helping you connect to your creativity. It is an easy way to create beautiful artworks using simple, repeating patterns and there is no right or wrong way to draw them.

## Key conversation points:

- What are the benefits of activities that help us to focus?  
How do these activities affect our mental health?
- What things do you do that help to calm and focus your mind?
- There is no 'right' or 'wrong' way to draw a Zentangle, how did that affect the activity? What did it feel like?
- What situations in life don't have a 'right' or 'wrong' answer?

Topics:



Stress & Anxiety



Mindfulness



Creativity

# MANDALAS



Like the Zentangles activity, this one is also great to focus the mind and practise being mindful or 'in the moment'.

## Key conversation points:

- What does it mean to be 'mindful' and how do we 'do' it?
- What is the benefit of repetition in this activity and in life?
- How can being mindful assist us to have positive mental health?
- How might this activity help you to manage stress or anxiety and when might you use it?

Topics:



Stress & Anxiety



Mindfulness

# WATERCOLOUR TRANSPARENCIES



This is a peaceful activity and is all about slowing down. It involves building up the picture slowly so requires some patience!

## Key conversation points:

- How does it feel when we slow right down?
- What do you do in life to make sure you slow down and do something peaceful?
- Do you think you are generally a patient person?
- What things in life challenge you to be more patient?

Topics:



Stress & Anxiety

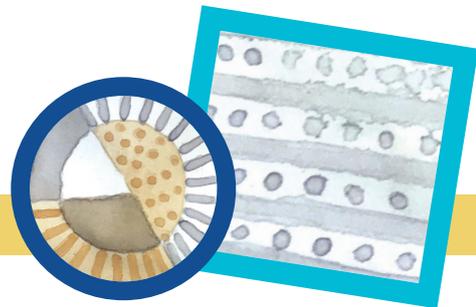


Relaxation



Emotions

# PAINTING WITH TEA



This activity, like Watercolour Transparencies, requires some patience, as you need to let your picture dry between layers. It is also an activity that you can use if you don't have access to a lot of art materials and it encourages you to experiment.

## Key conversation points:

- Resourcefulness: working with what you've got! What ways in life do you think you are resourceful?
- Exploration and creativity: what was it like experimenting with different colours of tea? How does experimenting allow creativity?
- Is creativity important for positive mental health?
- How did you find practising patience during this activity?

Topics:



Relaxation



Creativity

# Strange Creatures



This activity encourages you to look at things a little differently and to appreciate the small things in life. It is also a great way to encourage creativity!

## Key conversation points:

- What is gratitude and in what ways do you practise it?
- How is gratitude helpful for positive mental health?
- How do you take the time to observe and appreciate the small things in life?
- Self-talk: how do we manage our self-talk to stay positive and resilient?
- Perspective: seeing things in a new way. How can you look at challenges in your life from different perspectives?

Topics:



Self-talk & Managing  
Difficult Emotions



Gratitude



Creativity

# Scribble Drawing



This activity is a really fun way to try drawing in a different way and any 'mistakes' can be easily changed.

## Key conversation points:

- Managing mistakes: was it a mistake or an opportunity to do something differently? How does this idea link with our resilience?
- How do you manage mistakes in life? Do you 'bounce back' quickly or does it take you a bit longer? What helps you to 'bounce back'?
- Approaching subjects in a new way: in this activity you are looking for the shadows rather than the object itself. Does it help to sometimes look at things a little differently?

Topics:



Resilience

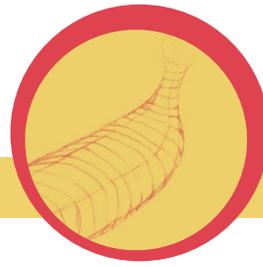


Creativity



Self-talk & Managing  
Difficult Emotions

# CROSS CONTOUR DRAWING



This activity is great for practising and improving your drawing techniques, as well as focusing on observing objects to see how they really look.

## Key conversation points:

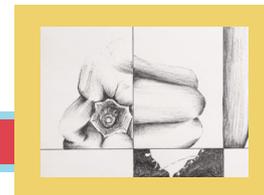
- Big Picture: looking at the whole. How are our thoughts different when we look at the 'Big Picture'?
- Practice and improving skills. How does it feel when we improve something with practice?
- In this activity there are no mistakes, only adventures. How does that approach apply to life and to how we approach our mental health?

Topics:



Practice &  
Neuroplasticity

# OBSERVATIONAL GRIDS



This activity helps to improve your observational skills and to really get to know the object you are drawing.

## Key conversation points:

- Breaking down the object into parts you can manage and make sense of. How does this relate to situations in our lives?
- What is the benefit of gaining an understanding of the whole object? How does this relate to problem-solving in life?
- Changing or challenging what we think we know. This is a good opportunity to discuss neuroplasticity and the ways in which, with practice, we can change our thoughts, feelings and actions.

Topics:



Stress & Anxiety



Practice &  
Neuroplasticity

## Drawing a Lime Wedge with Coloured Pencil



This activity challenges you to make use of equipment and materials you have at hand. You will learn to create beautiful and interesting art using materials such as discarded paper bags or cardboard. The activity also challenges you to look at the object through new eyes, or a new perspective. It can help you to remember that when solving a problem, sometimes it's a good idea to approach the issue from a different angle or view it in a different way.

### Key conversation points:

- Challenging your ideas and taking a different perspective: How does this help when solving problems in our lives?
- Gratitude: using what you have instead of worrying about the things you don't have.
- Planning and problem-solving: How do we apply these skills in our lives?

Topics:



Self-talk & Managing  
Difficult Emotions

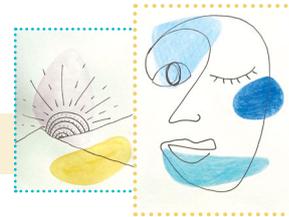


Gratitude



Creativity

## Layered Picture Making



This activity encourages you to experiment, and to trust yourself and your decisions. It also shows that mistakes can create new opportunities for success.

### Key conversation points:

- Having the courage to go forward without knowing what the outcome will be: In what ways are you courageous? How does this link with resilience?
- Did you find the activity relaxing? Why is relaxation important to our mental health and what things do you do to relax?
- Being creative and experimenting: How does it feel to 'let go' and get lost in a creative process? How can this approach be applied to other situations in your life?
- This activity is quite playful and fun. How important is fun in our lives? How does having fun impact on our mental health?

Topics:



Resilience



Relaxation



Creativity



Self-esteem

# UNDERSTANDING VALUE in DRAWING



This activity will encourage you to be patient. You will need to take time to complete this activity, building on the drawing as you go. It also serves as a reminder that darkness and light are both important, whether it be in drawing or in our life experience.

## Key conversation points:

- Understanding the influence of light and dark, and that both are needed to get a clear view of the object or issue. How can we apply this to the ways we approach difficult times in our lives?
- Patience, taking your time and practising to build a skill: How does mastering a new skill impact on how we feel about ourselves? Why is this important for our mental health?

Topics:



Practice &  
Neuroplasticity



Self-talk & Managing  
Difficult Emotions



Self-esteem

# Drawing Fabric



A similar activity to Understanding Value, this activity assists you to build on your expertise. It requires you to plan the drawing, and to trust your own judgement.

## Key conversation points:

- Self-esteem: what is self-esteem and why is it important?
- How does mastering a skill impact on our self-esteem?
- What about resilience? Does self-esteem impact on our ability to 'bounce back' from difficult times?

Topics:



Practice &  
Neuroplasticity



Self-esteem



Resilience

# Self Portrait



This activity requires you to view your physical self as an object to draw, giving you a new perspective to your own physicality. How you show yourself is up to your own judgement.

## Key conversation points:

- How do you view yourself? Can you take an objective look at yourself?
- How can we boost our self-esteem and learn to see our strengths?
- Challenging ourselves do something that might be difficult or confronting. Why is this important?
- Self-talk: How you talk about and see yourself can affect how you feel about yourself. Would you speak the same way to a good friend as you do to yourself?

Topics:

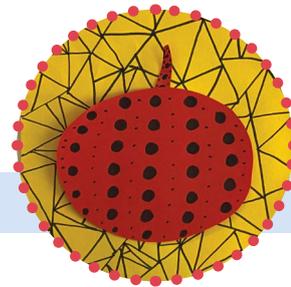


Self-esteem



Self-talk & Managing  
Difficult Emotions

# Yayoi KUSAMA'S PUMPKINS



This activity encourages you to look at everyday objects through the eyes of an artist. The artist has made her own choices to create something different and beautiful out of an object that we may think is ugly or boring.

## Key conversation points:

- Seeing things differently and considering other people's perspectives. Is it important to consider other people's perspectives? Why/why not?
- In what ways are you creative? How does creativity impact on your mental health?
- Finding the beauty in imperfection. How can we practise this in everyday life?

Topics:



Gratitude



Resilience



Creativity

# Favourite Artist Master Copy



This activity encourages you to explore artworks that inspire you. By making your own version, you will begin to understand what decisions were made by the artist when completing the work and this will give you confidence to make your own decisions. It is also a great way to practise and increase your skill.

## Key conversation points:

- How do we benefit from others? What can we learn from other people in our lives? Who do you think you learn from?
- Increasing or learning new skills from experts and practising those skills.

Topics:



Practice &  
Neuroplasticity

# Matisse Paper Cut-outs



This activity was inspired by an artist who needed to solve the problem of being too ill to paint. By using objects that he already had, he created amazing artworks. Sometimes a problem can provide us with the space to come up with new ideas, leading to a wonderful solution.

## Key conversation points:

- Resilience: trying new ways of doing something while making the best of the situation you are in. When have you had to do this? What was it like and how did it feel?
- Gratitude: what does it feel like when we focus on the things in life that we are grateful for? How does this impact on our mental health?

Topics:



Resilience



Gratitude

# Mental Health Topics

## Age Ranges

The following resources are arranged into the suggested age range that they are suitable for, indicated by the following letters:

- S** Senior (Years 10, 11 & 12)
- M** Middle (Years 7, 8 & 9)
- UP** Upper Primary (Grades 5 & 6)
- ALL** All Ages

However, we acknowledge that all students are different and encourage you to choose whichever resources are most appropriate for your group.





## Stress & Anxiety

Stress is when we become worried about one or more things. We might not notice at the time but if we get stuck in those worries and think about them a lot, they create anxiety and stress.

We may feel pretty uncomfortable, we may not sleep well, we might not want to eat, or maybe we want to eat all the time to make ourselves feel better. It might become difficult to concentrate and we may find it's more difficult to focus on school, a book, a sport, or when someone's talking to us. Often when we feel stressed our bodies feel bad, maybe we get stomach aches and headaches, or maybe we get angry and snappy, or even scared.

If you are stressed about a test, a grand final game, dance competition or getting up in front of the class to speak, you might notice your heart races and you can't quite catch your thoughts. It's healthy to feel a little bit of anxiety or stress like this from time to time, it can sometimes drive us to do a little better. But it isn't healthy if we feel like this all the time because we might start to get stuck in negative thoughts and we might make our body tired and run down.

*How do we stop feeling stressed or anxious? Well, that's what this project is all about. It's another way to improve mindfulness, focus and concentration, feel a bit calmer, and have more positive self-talk. All of this will build confidence and resilience.*

### USEFUL VIDEOS AND RESOURCES

#### **Fight Flight Freeze – A Guide to Anxiety for Kids | Anxiety Canada** **UP**

2 minute video covering basic information about anxiety for primary age students or where a simple explanation is preferred.

[youtube.com/watch?v=FfSbWc3O\\_5M](https://youtube.com/watch?v=FfSbWc3O_5M)

#### **Brain Basics: All About Anxiety - with Lee Constable! | Kids Helpline** **UP M**

5 minute video with a more in-depth explanation of brain responses and the '4 F's' (Fight, Flight, Freeze and Fawn).

[youtube.com/watch?v=LBONLjVYJo](https://youtube.com/watch?v=LBONLjVYJo)

#### **Problem Solving | ReachOut** **M S**

Short article explaining how to problem solve, including animations.

[au.reachout.com/articles/a-step-by-step-guide-to-problem-solving](https://au.reachout.com/articles/a-step-by-step-guide-to-problem-solving)

#### **All About Feeling Anxious - a headspace Group Chat | headspace** **S**

30 minute podcast including Q & A with headspace professionals using questions from young people about anxiety.

[youtube.com/watch?v=mBoe5nEpJ7w&t=1159s](https://youtube.com/watch?v=mBoe5nEpJ7w&t=1159s)

#### **Understanding Depression & Anxiety - Ft Ruby Rose | headspace** **S**

5 minute video explaining the symptoms of anxiety and depression and the importance of getting support.

[youtube.com/watch?v=GjK6yfxaew](https://youtube.com/watch?v=GjK6yfxaew)

#### **Music and Stress Relief | Music on my Mind with John Legend & Headspace | John Legend** **S**

12 minute video looking at how our body responds to stress and how music can help us to cope with stress and anxiety.

[youtube.com/watch?v=v\\_Yv3bLW4ml](https://youtube.com/watch?v=v_Yv3bLW4ml)

### TAKE AWAY RESOURCES

#### **ReachOut Breathe App | ReachOut** **S**

ReachOut Breathe helps you reduce the physical symptoms of stress and anxiety by slowing down your breathing and your heart rate with your iPhone or Apple Watch.

[au.reachout.com/tools-and-apps/reachout-breathe](https://au.reachout.com/tools-and-apps/reachout-breathe)



## Self-talk & Managing Difficult Emotions

'Self-talk' is the name given to those conversations we all have with ourselves inside our heads. You know that voice that says, "Oh no, why did I do that, I'm such an idiot!" or "That was really great, I did really well at that" or "I can't do this, I'm going to look stupid".

Self-talk can be positive or negative, helpful or unhelpful. The good thing is, when we become aware of the things we are telling ourselves, we can train our self-talk to be helpful and positive; this can help us to do things we are worried about and feel better about ourselves.

A good way to look at our self-talk is to think about how we would talk to a friend: would you say the same things to a good friend that you say to yourself? Are you being as kind to yourself as you are to others?

### USEFUL VIDEOS AND RESOURCES

#### **You Are Not Your Thoughts | AboutKidsHealth** **UP**

4 minute video explaining how to deal with overwhelming thoughts.

[youtube.com/watch?v=0QXmmP4psbA](https://www.youtube.com/watch?v=0QXmmP4psbA)

#### **Self Talk | Hailey Hultberg | TEDxYouth@ParkCity | TEDx Talks** **M S**

4 minute video from Hailey Hultberg, a young competitive figure skater, about how she deals with her own self-talk.

[youtube.com/watch?v=ytiF927W4E0](https://www.youtube.com/watch?v=ytiF927W4E0)

#### **3 Ways to Talk Yourself Up | ReachOut** **M S**

A brief article explaining self-talk and how to practise making sure our inner voice is positive.

[au.reachout.com/articles/3-ways-to-talk-yourself-up](https://au.reachout.com/articles/3-ways-to-talk-yourself-up)

#### **How to Challenge Negative Thoughts | ReachOut** **M S**

An article with strategies to deal with negative thoughts.

[au.reachout.com/articles/how-to-challenge-negative-thoughts](https://au.reachout.com/articles/how-to-challenge-negative-thoughts)

### TAKE AWAY RESOURCES

#### **Getting Rid of ANTS: Automatic Negative Thoughts Worksheet | PositivePsychology.com** **M S**

A simple worksheet for identifying and challenging automatic thoughts.

[positivepsychology.com/wp-content/uploads/Getting-Rid-of-ANTS-Automatic-Negative-Thoughts.pdf](https://www.positivepsychology.com/wp-content/uploads/Getting-Rid-of-ANTS-Automatic-Negative-Thoughts.pdf)



# Mindfulness

Mindfulness is when you focus on what's happening now and you are present in the moment. It might be noticing your breath, how your body feels, or you might be aware of the sounds and smells around you.

What might become different when we start to notice these things? Mindfulness helps to improve focus and concentration, which in turn can help you be better at lots of things, such as sports, music, and schoolwork.

Mindfulness can also help us deal with our big emotions like when we are really sad or angry. When we deal with our big emotions, we feel less stressed. Some benefits are:

- You might feel like you can concentrate and focus better
- You might stop having lots of worrying or negative thoughts
- Your mind might also be able to remember things more easily
- You might feel calmer and more relaxed
- You might have more feelings of kindness and joy

So how do we “do” mindfulness?  
Well, focusing on doing some art activities like these can help you be in the moment and be more focused.

## USEFUL VIDEOS AND RESOURCES

### What Is Mindfulness? | The Mindfulness Toolkit | ABC ME **UP** **M**

4 ½ minute video with a simple explanation of mindfulness.

[youtube.com/watch?v=kO5I0p3luiQ](https://youtube.com/watch?v=kO5I0p3luiQ)

### Everyday Mindfulness | AboutKidsHealth **UP** **M**

5 minute video with a simple explanation of ways to practise mindfulness in everyday life.

[youtube.com/watch?v=QTsUEOUaWpY](https://youtube.com/watch?v=QTsUEOUaWpY)

### Bubble Bounce! Mindfulness for Children (Mindful Looking) | The Mental Health Teacher **UP** **M**

4 minute video exercise to practise mindfulness.

[youtube.com/watch?v=UEuFi9PxKuo](https://youtube.com/watch?v=UEuFi9PxKuo)

### Meditation's Impact on the Brain | Expert Videos | Headspace **M** **S**

4 minute video explaining what happens in the brain when we meditate.

[youtube.com/watch?v=rZN6DcV5chA](https://youtube.com/watch?v=rZN6DcV5chA)

### 6 Ways to Practise Mindfulness | headspace **M** **S**

Short article with different ways to practise mindfulness and links to relevant apps.

[headspace.org.au/blog/6-ways-to-practise-mindfulness/](https://headspace.org.au/blog/6-ways-to-practise-mindfulness/)

### All it Takes is 10 Mindful Minutes | Andy Puddicombe | TED **S**

10 minute TED talk on daily mindfulness.

[youtube.com/watch?v=qzR62JJCMBO](https://youtube.com/watch?v=qzR62JJCMBO)

## TAKE AWAY RESOURCES

### Mini Meditation | Appreciate Nature | headspace **ALL**

2 ½ minute, simple meditation to help connect to nature and be more mindful of our surroundings.

[youtube.com/watch?v=nsGbtr1WkU](https://youtube.com/watch?v=nsGbtr1WkU)

### Smiling Mind **ALL**

Meditation and mindfulness exercises for all ages, including specific activities for the classroom. You will need to create an account but there is no cost to access these resources. Students can also download the app themselves.

[smilingmind.com.au/smiling-mind-app](https://smilingmind.com.au/smiling-mind-app)



## Relaxation

When we relax this helps our whole body and mind. It helps to build up a feeling of wellbeing so that when we do feel stressed, or heightened in our emotions, we have taught our bodies how to easily get back to that space of feeling calm. What you might also notice about feeling relaxed is that your breathing slows down a little and helps you feel calmer.

When our emotions are always sad, angry, worried or stressed, we can start to feel tired and worn out. It's good to recognise this, and then to do something relaxing. We can also do lots of relaxing things BEFORE we get stressed so that when we do feel a little bit worried or stressed, it's easier to calm down and relax.

These art activities help us relax because we are slowing down, focusing and being calmer. Our body will naturally start to breathe more slowly and we will feel more relaxed.

*You can practise controlling your breathing at any time. Place your hand on your tummy, count to five as you breathe in (you will notice your tummy rising), count to two, then breathe out while you count to five. Did you notice your tummy go in?*

### USEFUL VIDEOS AND RESOURCES

#### **Relaxation Activities to Do at Home with Kids | Save the Children** **UP**

Article detailing six relaxation techniques for children.  
[savethechildren.org/us/charity-stories/easy-at-home-relaxation-activities-to-help-calm-kids](https://savethechildren.org/us/charity-stories/easy-at-home-relaxation-activities-to-help-calm-kids)

#### **Relaxation Exercises | Beyond Blue** **ALL**

Downloadable MP3 files for breathing exercises, muscle relaxation and guided visualisation to assist in practising relaxation techniques.

[beyondblue.org.au/get-support/staying-well/relaxation-exercises](https://beyondblue.org.au/get-support/staying-well/relaxation-exercises)

### TAKE AWAY RESOURCES

#### **Hot Air Balloon Ride: A Guided Meditation for Kids, Children's Visualization for Sleep & Dreaming | Sleep Easy Relax – Keith Smith** **UP M**

A guided meditation and visualisation exercise for children to assist sleep and dreaming.

[youtube.com/watch?v=vlv6Y1tq1sQ](https://youtube.com/watch?v=vlv6Y1tq1sQ)

#### **Rain Rain Sleep Sounds** **ALL**

A free app with numerous different sounds to help you fall asleep, or to assist focus and relaxation.

[rainrainapp.com/](https://rainrainapp.com/)



## Emotions

Emotions are important. Our emotions are our body giving us a message that we need something.

When we feel strong emotions, it can be a clue to make changes in the way we act and think. If we are feeling sad, maybe we need to cry. If we are feeling shame, perhaps we need some self-compassion. When we feel angry, maybe we need to check our boundaries. When we feel lonely, maybe we need to feel more connected and seek connection with others. If we feel anxiety, we need to breathe. If we feel stressed, we need to remember to take things one step at a time.

### USEFUL VIDEOS AND RESOURCES

**Understanding Your Feelings | Behind the News** **UP** **M**

5 minute video.

[youtube.com/watch?v=KYfRzAII7TQ](https://youtube.com/watch?v=KYfRzAII7TQ)

**Emotional Intelligence From a Teenage Perspective | Maximilian Park | TEDxYouth@PVPHS | TEDx Talks** **S**

15 minute Ted talk video (\*\*Please note: contains discussion about youth suicide).

[youtube.com/watch?v=MbmLNR89L-A](https://youtube.com/watch?v=MbmLNR89L-A)

### TAKE AWAY RESOURCES

**The 10 Emotional Skills Every Teen Needs to be Taught | Linda Stade Education** **ALL**

Fact sheet.

[lindastade.com/the-emotional-skills-every-teen-needs-to-be-taught/](https://lindastade.com/the-emotional-skills-every-teen-needs-to-be-taught/)

*When you experience an emotion, often a behaviour accompanies the emotion and your body causes you to react in a specific way. If you stop to look at the reasons why you are feeling an emotion you can learn to regulate your body's response.*



## Self-esteem

Self-esteem is your sense of self-worth and the sense of value you think you hold in the world. It is when you believe in yourself, and just as importantly, when you like who you are.

When you have good self-esteem, you're more likely to feel confident to try new things. Sometimes it is not easy to feel confident, especially when we compare ourselves to others.

Exploring your creativity and trying something new will help you to build more confidence. It might be something you never thought you were good at, but if you don't give it a go then you won't get good at it! You may find that it's something you enjoy and want to get better at.

This art project isn't about having to be good at art. It's about expressing yourself, focusing your mind and learning to relax, all while learning a new skill, or enhancing a skill you may already have. The beauty here is that you can do it differently to anyone else, and the more you do it, the easier and more enjoyable it will get.

### USEFUL VIDEOS AND RESOURCES

**Self-Esteem: How To Feel Awesome About Being You | RocketKids** **UP**

4 minute video.

[youtube.com/watch?v=M6H0w03GJrQ](https://youtube.com/watch?v=M6H0w03GJrQ)

**Self-Esteem For Teens Part 1 | Life Tools by Jewels** **M S**

4 ½ minute video.

[youtube.com/watch?v=f3Hul8YRbgQ](https://youtube.com/watch?v=f3Hul8YRbgQ)

### TAKE AWAY RESOURCES

**Wellbeing For Children: Confidence And Self-Esteem | ClickView** **UP**

6 ½ minute video.

[youtube.com/watch?v=pdjaxS4ME2A](https://youtube.com/watch?v=pdjaxS4ME2A)

*Having good self-esteem also builds a thing called self-compassion, where we start to be kinder to ourselves.*

*We also start to get a sense of accomplishment when we complete tasks, as well as building self-esteem. This all builds resilience.*



# Resilience

Resilience is the ability to get through and recover from difficult times. When we have resilience, we can bounce back from problems and upsets more easily. Difficult and tricky situations are always going to happen in life, but if you build your resilience, you can work through emotional pain and difficulties, with the belief that you will recover.

What helps build resilience?

Feeling calmer, connected, relaxed, and having a little more self-esteem all helps us build resilience. Things that help to build our resilience include expanding our decision-making skills, practising gratitude and increasing our compassion for our self and others.

*Self-compassion is important for resilience because it means we start to be kind to ourselves. This means we are less likely to get stuck in negative self-talk.*

## USEFUL VIDEOS AND RESOURCES

### **Kids Talk... Resilience | Australian Unity** **UP**

Two smart kids tell Martin Heppell of The Resilience Project how to bounce back from failure, and the importance of trying things again.

[youtube.com/watch?v=vybfGZPTEYY](https://youtube.com/watch?v=vybfGZPTEYY)

### **Wellbeing for Children: Resilience | ClickView** **UP**

7 ½ minute animation. Mentions fear of leaving Primary School.

[youtube.com/watch?v=zeu9X88g8DE](https://youtube.com/watch?v=zeu9X88g8DE)

## TAKE AWAY RESOURCES

### **Keeping Calm - Building Resilience with Hunter and Eve | Hunter and Eve** **UP**

2 ½ minute animation. Shows how to do controlled breathing.

[youtu.be/losfxbMKwPo](https://youtu.be/losfxbMKwPo)

### **Learn How to Handle Tough Times | headspace** **M S**

Factsheet about healthy coping strategies.

[headspace.org.au/assets/download-cards/18b-Learn-how-to-handle-tough-times-headspace-fact-sheet-WEB.pdf](https://headspace.org.au/assets/download-cards/18b-Learn-how-to-handle-tough-times-headspace-fact-sheet-WEB.pdf)



## Practice & Neuroplasticity

Sometimes doing the same thing over and over again can seem boring, but repetition is helpful for building connections in the brain. It is like building a muscle, we have to work that muscle to make it stronger.

We get better and are more likely to remember something if we practise it. Remember when you learnt to ride a bike, read a book or tie your shoe laces? You weren't born knowing this, you had to practise it! Think of a good sports player or a musician, they practise all the time. Becoming well-practiced at things can help us with self-esteem and confidence.

A number of these art activities involve repeating patterns or practising a skill to improve our technique. If we want to improve our mental health and wellbeing, this can also take practise and repetition.

### USEFUL VIDEOS AND RESOURCES

#### **LearnStorm Growth Mindset: The Truth About Your Brain | Khan Academy** **UP** **M**

3 minute animated video explaining how we can train and grow our brains.

[youtube.com/watch?v=rf8FX2sl3gU](https://youtube.com/watch?v=rf8FX2sl3gU)

#### **Neuroplasticity | Sentis** **ALL**

2 minute animated video explaining neuroplasticity.

[youtube.com/watch?v=ELpfYCZa87g](https://youtube.com/watch?v=ELpfYCZa87g)

#### **Dan Siegel - "The Adolescent Brain" | randomactsofkindness** **M** **S**

4 ½ minute video explain the development of the adolescent brain, pruning and neuroplasticity.

[youtube.com/watch?v=0O1u5OEc5eY](https://youtube.com/watch?v=0O1u5OEc5eY)

We know that our brain doesn't stay the same, we can change it by changing the way we think, feel or act, or by learning a new skill. This process is called neuroplasticity and it's great news for our mental health! It means that we can train our brains to think in ways that are helpful and that assist us to feel more positive and confident. It also means we can re-train our brains to change unhelpful thinking or to change the way we act in response to our feelings.



# Gratitude

Gratitude is all about recognising the positive things you have in your life and being thankful for the things that other people do for you. This doesn't have to be big things, in fact it's often about noticing the small things in life that make you smile or feel thankful. Things like hearing a favourite song playing, noticing the beauty in nature, or recognising the positive relationships you have. Even during the most challenging times, we can often still find some small things to be thankful for, but it can take some practise!

There are a number of ways to 'practise' gratitude, such as using a gratitude board or diary to take note of the things we are grateful for, or taking the time and effort to let people in your life know that you appreciate the things they do for you.

*We know that increasing our practise of gratitude can improve our mental and physical health in a number of ways. These include helping us sleep, building our self-esteem and improving our relationships.*

## USEFUL VIDEOS AND RESOURCES

### **2 Mins Short Gratitude Story for Kids | Help Others Value Humanity and Time | Awesome Brain** **ALL**

A short, animated story about gratitude and human kindness.

[youtube.com/watch?v=Y3cpV\\_dnN\\_I](https://youtube.com/watch?v=Y3cpV_dnN_I)

### **Kid President's 25 Reasons To Be Thankful! | SoulPancake** **ALL**

4 minute video with 'Kid President', sharing the things he is thankful for.

[youtube.com/watch?v=yA5Qpt1JRE4](https://youtube.com/watch?v=yA5Qpt1JRE4)

### **The How and Why of Practising Gratitude | ReachOut** **M S**

Brief article with different ways to practise gratitude.

[au.reachout.com/articles/the-how-and-why-of-practising-gratitude](https://au.reachout.com/articles/the-how-and-why-of-practising-gratitude)

## TAKE AWAY RESOURCES

### **How to Start a Gratitude Journal | headspace** **M S**

Article with tips on starting a gratitude journal.

[headspace.org.au/blog/how-to-start-a-gratitude-journal/](https://headspace.org.au/blog/how-to-start-a-gratitude-journal/)

### **Grateful App | treebetty** **M S**

A simple app that provides prompting questions for you to make note of things you are grateful for. Photos can be uploaded also. Only for Apple devices.

[treebetty.com/apps/app-detail/grateful#.YH6A5yTiuUk](https://treebetty.com/apps/app-detail/grateful#.YH6A5yTiuUk)

### **Healthy Minds Program App** **S**

A combination of podcast-style lessons and both seated and active meditations.

[hminnovations.org/meditation-app](https://hminnovations.org/meditation-app)



# Creativity

Creativity is the ability to form ideas, using exploration and imagination. You can use your creativity in various ways: to experiment, take risks and have fun. Creativity is using your skills and talents to solve a problem and to turn ideas into a reality.

The immersive nature of being creative can help you to focus your mind and control your thoughts. Engaging in creative activities can improve your brain function and increase feelings of happiness. By doing repetitive creative activities such as drawing, your brain is flooded with dopamine, which is a feel-good chemical in your brain that helps motivate you.

*One of the best parts about using your creativity is that you can choose an activity to do on your own or you may want to reach out to friends to do something creative with you. You can work on your own project or decide to work on a larger project with others. Using your creativity can help you feel relaxed and give you a feeling of accomplishment.*

## USEFUL VIDEOS AND RESOURCES

### **8 Reasons Why Creativity is an Essential Skill for Everyone to Learn | Potential** **UP**

2 ½ minute animation.

[youtube.com/watch?v=V4hA9QXwzM0](https://youtube.com/watch?v=V4hA9QXwzM0)

### **Improving Mental Health with Creativity - Sara's Story | headspaceAustralia** **M S**

4 minute video by a young woman dealing with mental health issues with creativity.

[youtube.com/watch?v=wq64pxl82QQ](https://youtube.com/watch?v=wq64pxl82QQ)

## TAKE AWAY RESOURCES

### **How Drawing Helps You Think | Ralph Ammer | TEDxTUM | TEDx Talks** **M S**

17 minute TEDx Talk.

[youtube.com/watch?v=ZqITSCvP-Z0](https://youtube.com/watch?v=ZqITSCvP-Z0)

# Further Resources

## **Brené Brown | Daring Classrooms | SXSWedu 2017**

30 minute engaging TED talk about the importance of vulnerability and the devastating impact of shame in the classroom.

[youtube.com/watch?v=DVD8YRgA-ck](https://youtube.com/watch?v=DVD8YRgA-ck)

## **Resilience, Rights and Respectful Relationships**

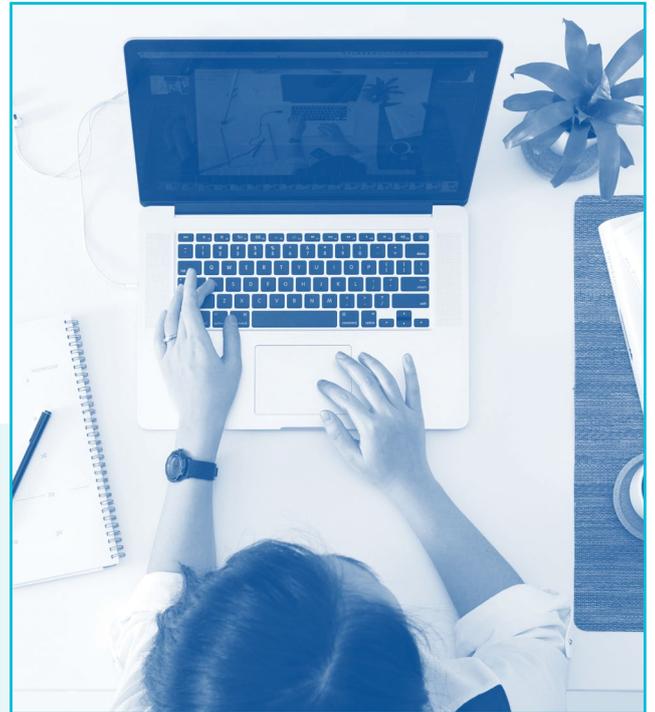
The Resilience, Rights and Respectful Relationships learning materials have been designed for teachers in primary and secondary schools to develop students' social, emotional and positive relationship skills. Efforts to promote social and emotional skills and positive gender norms in children and young people has been shown to improve health related outcomes and subjective wellbeing. It also reduces antisocial behaviours including engagement in gender-related violence.

[fuse.education.vic.gov.au/ResourcePackage/ByPin?pin=2JZX4R](https://fuse.education.vic.gov.au/ResourcePackage/ByPin?pin=2JZX4R)

## **SAFEMinds**

SAFEMinds is a professional learning and resource package for schools and families that enhances early intervention in mental health support for children and young people in schools, specifically regarding mild mood disorders and self-harm. It also assists in developing clear and effective referral pathways between schools, community, youth and mental health services.

[safeminds.org.au/](https://safeminds.org.au/)



## **headspace Schools**

headspace Schools is a national workforce that supports, engages and partners with education and health sectors across Australia, to build the mental health literacy and capacity of workforces.

[headspace.org.au/schools/headspace-schools/](https://headspace.org.au/schools/headspace-schools/)

## **Be You**

Be You is the national mental health in education initiative delivered by Beyond Blue, in collaboration with Early Childhood Australia and headspace. They have a wealth of tools and resources for Educators and young people, as well as a programs directory where you can search mental health and wellbeing programs to find the right one for your school.

[beyou.edu.au/](https://beyou.edu.au/)

## **Reach Out**

ReachOut Schools provides free educational resources, digital tools and practical tips to encourage the development of positive mental health and wellbeing across schools and extend the impact of existing programs.

[schools.au.reachout.com/?utm\\_source=YouthForums&utm\\_medium=topnav](https://schools.au.reachout.com/?utm_source=YouthForums&utm_medium=topnav)

## **Smiling Mind**

Meditation and mindfulness exercises for all ages, including specific activities for the classroom. You will need to create an account but there is no cost to access these resources.

[app.smilingmind.com.au/](https://app.smilingmind.com.au/)

# Further Supports for Students & Families

<p><b>Eheadspace</b> <a href="https://headspace.org.au/eheadspace">headspace.org.au/eheadspace</a></p>	<p>Free online and telephone support counselling for young people aged 12-25 years and for families.</p>
<p><b>ReachOut.com</b> <a href="https://au.reachout.com">au.reachout.com</a></p>	<p>Provides information to help any young person who visits the online service. They will be guided to practical tools designed just for their needs, even when they don't know what they're looking for.</p>
<p><b>Beyond Blue</b> 1300 224 636 <a href="https://beyondblue.org.au">beyondblue.org.au</a></p>	<p>Advice and support for anyone suffering mental health issues such as anxiety and depression.</p>
<p><b>Beyond Blue Youth</b> 1300 224 636 <a href="https://beyondblue.org.au/who-does-it-affect/young-people">beyondblue.org.au/who-does-it-affect/young-people</a></p>	<p>This is a service dedicated to young people experiencing mental health issues such as anxiety and depression.</p>
<p><b>Kids Helpline</b> 1800 55 1800 <a href="https://kidshelpline.com.au">kidshelpline.com.au</a></p>	<p>A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.</p>
<p><b>Lifeline Australia</b> 13 11 14 <a href="https://lifeline.org.au">lifeline.org.au</a></p>	<p>Crisis Support and Suicide Prevention. Lifeline Australia will listen without judgement.</p>
<p><b>Suicide Line Victoria</b> 1300 651 251 <a href="https://suicideline.org.au">suicideline.org.au</a></p>	<p>Suicide Line Australia is a free hotline offering telephone, video and online counselling.</p>
<p><b>Black Dog Institute</b> <a href="https://blackdoginstitute.org.au">blackdoginstitute.org.au</a></p>	<p>Information on symptoms, treatment and prevention of depression and bi-polar disorder.</p>
<p><b>Carers Australia</b> 1800 242 636 <a href="https://carersvictoria.org.au">carersvictoria.org.au</a></p>	<p>Short-term counselling and emotional support services for carers and their families.</p>
<p><b>QLife</b> 1800 184 527 between 3 pm – midnight. Web chat: <a href="https://qlife.org.au/contact-us">qlife.org.au/contact-us</a> <a href="https://qlife.org.au">qlife.org.au</a></p>	<p>Australia's first nationally oriented counselling and referral service for LGBTI people. The project provides early intervention and counselling services for diverse people of all ages. Whether suffering from poor psychological distress, social isolation, discrimination, or other mental wellbeing issues, QLife can help.</p>

