



# MY CARING CALENDAR



It's important to be caring for ourselves, try some of these fun things to look after yourself – your brain, your body and your feelings!

Each morning, before you start, think about how you're feeling.

Choose your emotion on the chart. Decide what positive emotion you want to feel today.

Do you need to do anything to help you feel it? What could you try to change your emotion?



## The Zones of Regulation

|  |  |   |   |
|--|--|---|---|
|  |  |   |   |
| <p><b>Blue Zone</b></p> <p>sad      tired<br/>sick      moving<br/>tired      slowly</p> | <p><b>Green Zone</b></p> <p>happy<br/>calm<br/>feeling ok<br/>focused<br/>ready to learn</p> | <p><b>Yellow Zone</b></p> <p>frustrated<br/>worried<br/>silly/wiggly<br/>excited<br/>loss of some control</p> | <p><b>Red Zone</b></p> <p>mad/angry<br/>terrified<br/>yelling/hitting<br/>elated<br/>out of control</p> |

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## MONDAY

### Challenge

Cook a vegetable soup and try a new vegetable or ingredient that you haven't had before

### Activity

Create your own 'Disgusting Soup' recipe with crazy ingredients. Draw a picture of it

<https://www.inspiredtaste.net/?s=vegetable+soup>

## TUESDAY

### Challenge

Watch a video of Ninja warrior on Youtube with your parents.

### Activity

Create your own Ninja Warrior Course at Home

[https://www.youtube.com/channel/UC1m-\\_gXpsBATPL\\_HSVzMBfA](https://www.youtube.com/channel/UC1m-_gXpsBATPL_HSVzMBfA)

## WEDNESDAY

### Challenge

Choose your favourite dinosaur and learn something new about them.

### Activity

Create a dinosaur shadow artwork

<https://www.simplemost.com/this-shadow-drawing-project-is-perfect-for-entertaining-your-kids-this-summer/>

## THURSDAY

### Challenge

Watch a video of PE with Joe on Youtube and try his activity.

### Activity

Create your own indoor workout routine for today.

<https://www.youtube.com/watch?v=Rz0go1pTda8>

## FRIDAY

### Challenge

Find a song that lifts your mood. Make a dance to match it.

### Activity

Try making a Geometric Artwork

<https://www.pinterest.com.au/pin/290411875952001069/>

<https://www.pinterest.com.au/pin/17029304820317629/>

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## MONDAY

### Challenge

Create an artwork for someone you care about that you can't see at the moment.

### Activity

Send that person a photo of your artwork with a special note to say hello.

## TUESDAY

### Challenge

Use your favourite toys to take photos and make a story board.

### Activity

Share your story with someone. You might be able to share this with a family member or friend on skype!

<https://www.youtube.com/watch?v=JpT74FUOTuM>

## WEDNESDAY

### Challenge

Do a virtual tour of a zoo and choose your favourite animal.

### Activity

Make an artwork of your favourite animal or learn something new about their habitat.

<https://www.brisbanekids.com.au/world-zoos-that-offer-virtual-tours/>

## THURSDAY

### Challenge

Find 3 pieces of nature outside your house.

### Activity

Create your own artwork using them. You might like to make a leaf artwork with crayon rubbings.

<https://www.youtube.com/watch?v=W66TAqCT4hc>

## FRIDAY

### Challenge

Learn the words to your favourite song. Perform it to someone in your family.

### Activity

Make your own photography challenge and take 3 awesome photos to share with a friend.

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## MONDAY

### Challenge

Do a virtual tour of an art gallery.

### Activity

Create your own art gallery at home to display some great artworks you have created.

<https://www.louvre.fr/en/visites-en-ligne>

## TUESDAY

### Challenge

Make a home for your favourite toy in the backyard.

### Activity

Choose another favourite toy and invite it over to your favourite toy's new home for a tour!

(e.g. Jurassic Park or a Fairy Garden)

## WEDNESDAY

### Challenge

Watch a street science video at 10AM on

<https://event.webinarjam.com/register/6/zy3pqiw>

### Activity

Try your own science experiment at home.

## THURSDAY

### Challenge

Learn something new about our ANZAC history by reading a story from

<https://anzacportal.dva.gov.au/stories-service/australian-s-war-stories>

### Activity

Make your own Poppy as a craft activity!

<https://www.pinterest.com.au/pin/503418064573916454/>

## FRIDAY

### Challenge

Try to fill in all the missing words on this activity

<https://www.pinterest.com.au/pin/534591418252077648/?d=t&mt=login>

### Activity

Make some ANZAC biscuits as a morning snack.