



**Golden  
Square**  
Primary School 5531

**Term 3 Pack 6**

Grade P/1/2

Specialist Program & Extra Curricular  
Activities

Name.....

# RuOK Activities

These are optional activities to be completed in RuOK week. September 6-10th

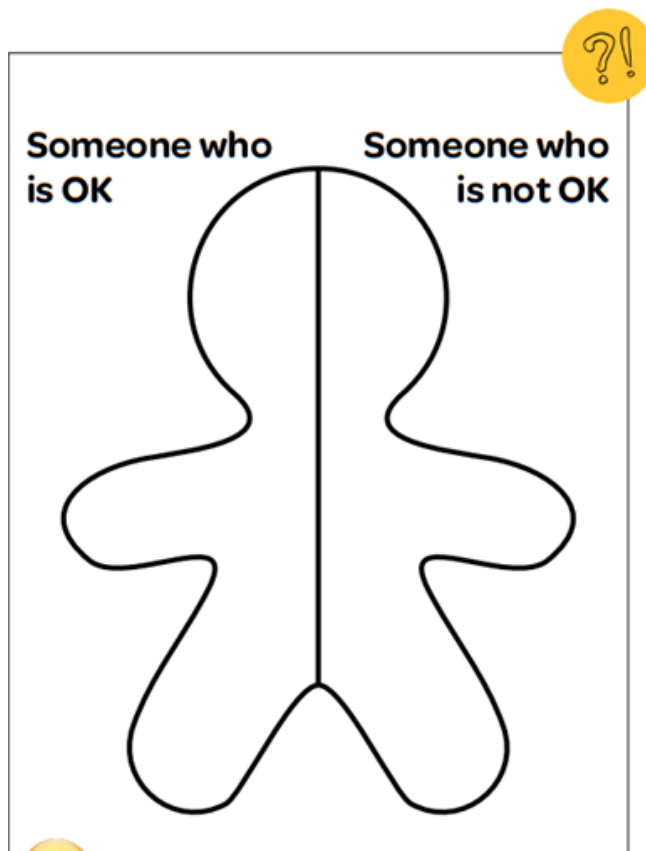
## Activity 1: Friendship hands (15mins)

- Students use yellow paint to dip their hands into to create a personal handprint on an A4 piece of paper
- Students write:
  - Their name
  - What makes a good friend
  - How it makes people feel when they have good friends
- Display handprint pictures on the classroom wall or as bunting for future reference when emphasising the role good friends play when asking, 'Are you OK?'

\*If you don't have paint at home you could draw around your hand. You might want to display your hand at home or bring it to school when you are back.

- Students use the template Appendix C: Gingerbread Outline to write down what a friend/classmate would look/sound/feel like if they were OK and not OK

## Gingerbread Outline



Appendix C

R U OK? at school



Watch the music Video Link: <https://youtu.be/09qk0lXTfi4>

How do Blue's friends recognise he is not OK?

What words and actions do they use to help him/show him that they'll be OK?

Write down or draw a list of trusted adults you could get help from if they or someone they know wasn't OK.

Watch the music Video Link: <https://youtu.be/09qk0lXTfi4>

Watch the video, 'It's OK!' and read the lyrics below, talk to your parents about people and trustworthy, reliable places to go for help if you or a friend is not OK, including trusted adults, think about school, home, online and offline places.



**Lyrics**

Here is a transcript of the 'It's OK!' song:

**Verse 1**  
Sometimes when I feel down  
I call my friends around  
They tell me it's OK  
Sometimes to feel that way

**Verse 2**  
Every time we meet  
They get me off my seat  
They bring that happy beat  
And together we find our dancing feet

**Pre-Chorus**  
Ask the question, yeah don't delay  
Hey there friend are you OK?


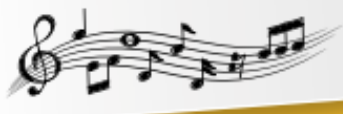
**Chorus**  
Remember it's OK sometimes if you're  
feeling blue  
You're not alone you have friends who can  
comfort you  
They'll be the ones by your side and they'll  
get you through  
Soon it'll be OK

**Verse 3**  
Sure it's a heavy thing  
That baggage we all bring  
But we all have our own  
and it's lighter when we share the load

**Pre-Chorus**

**Chorus x3**

**Tag**  
Together we will find a way  
Tomorrow is a brand new day  
Together we will be OK



<p><b>Create a FlipGrid Video</b> telling some jokes. Send it to a family member or friend to make them smile!</p>	<p><b>Draw a mindmap</b> of your support network and people you can go to for support.</p>	<p><b>Make a poster to promote R U OK? Day.</b> Put it up somewhere so others can see it.</p>	<p><b>Draw a chalk drawing on your driveway or nearby footpath</b> to brighten up someone else's day!</p>
	<p><b>Make a Warm Fuzzies jar.</b> Decorate the jar and add pieces of paper with things you love about each family member or your class mates.</p>	<p><b>Interview a grown up about R U OK? Day.</b> Ask them for some ideas of what you could say to a friend who was not feeling ok.</p>	<p><b>Learn some breathing exercises</b> to help you relax when you are feeling upset or worried.</p>
<p><b>Do some yoga</b> with Cosmic Kids. Create some of your own moves.</p>	<p><b>Create a space</b> just for you. Add your favourite books, activities, colouring in or drawing materials you like to explore and create with.</p>	<p><b>Create a 'happy dance'</b> to your favourite song. Video it and share it with your teacher or a family member who lives far away.</p>	<p>Make some <b>positive affirmation cards.</b> I am grateful for... I am proud of... I feel calm when... My smile is...</p>
<p><b>Make a care package</b> with a card, craft and/or little gift to give to a friend or family member to show you are thinking of them.</p>	<p><b>Take a walk</b> in nature and collect some items that make you happy. Create a sensory nature table at home and add to it each day.</p>	<p><b>Cut out some pictures from a magazine</b> and create a collage showing different emotions you have experienced.</p>	<p><b>Make a life size 'hug'</b> and send it to someone special.</p> 

Try some of these grid activities

Watch the video about how to ask a friend if they are ok.

<https://vimeo.com/594515979>

# Performing Arts

We are learning to listen to and recognise instruments.

- I can name an instrument or instrument family using both my eyes and ears.
- I can identify how a piece of music makes me feel.

## Step 1.

Have a look at the website, 'Classics for Kids':

<https://www.classicsforkids.com/games.html>

Students can explore this site and try some of the different games and activities.

## Step 2.

Follow the link to "Open Instruments of the Orchestra". Listen to the different instrument families and see if you can name some of the instruments that you are seeing and hearing. Are there some instruments that you know that are missing?

## Step 3.

Listen to a piece of music of your choosing. See if you can identify some of the instruments, or instrument families that you are hearing. Complete the listening reflection worksheet.

If you have questions, feel free to email Miss Morris:

[jazmine.morris@education.vic.gov.au](mailto:jazmine.morris@education.vic.gov.au)

## **Optional Webex Sessions**

**Prep:** Wednesdays 9:30am - 10:00am

**Grade 1/2:** Tuesdays 10:00am - 10:30am

Room number: 575875539

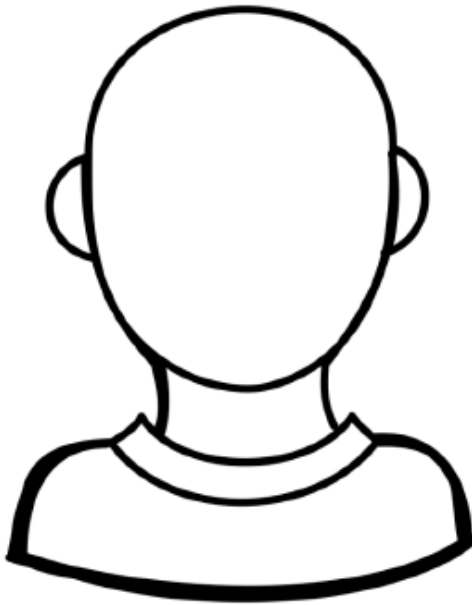
<https://eduvic.webex.com/meet/morris.jazmine.m>

Name \_\_\_\_\_

# Listening <sup>to</sup> music

Title and Composer

I felt...



I heard...

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