

ACTIVITY PACK!

This activity pack was created for you to have a little fun and link in with your school mates. So we hope you enjoy and be sure to share what you are doing with your friends.

Follow **GV Youth Knot** on Facebook & share your activities on the page with the chance to win a prize for any activity marked with**. The activities are spaced to last you 5 days, so the cut off to win a prize is the start of day 6. Keep an eye on the Facebook page for updates!

5 DAYS WORTH OF ACTIVITIES STARTS HERE:

Day
1

Daily journal. Grab the book in your pack, this is yours to do with what you please. This is now your daily journal to keep track of how you are feeling and what day it is! To get you started, watch this clip: <https://youtu.be/3P668QY2zDs>, fill in the prompt [page 1] then write your reflections for your first journal entry.

****Cooking challenge!** Grab those Two Minute Noodles from the pack and get in the kitchen, we want to see your best Two Minute Noodle creation. Post the finished product on the GV Youth Knot page along with your recipe for **the chance to win a month's supply of noodles!**

Get to know someone better. Take the questionnaire [page 2] from the pack and talk to a friend or family member to learn more about them.

Movies movies movies! Share what your favourite movies are on the GV Youth Knot page then watch someone else's suggestion! If you want, follow up with the person who suggested it & let them know how you found the movie!

How do you feel on the first day?^z



Day 2

Daily journal. Day two entry. Watch this: https://youtu.be/8Ctc_QOINSU Then write about your thoughts on it and if there are any learnings you took away from it.

****Skipping challenge.** Watch this clip: <https://youtu.be/AE924-K2TyU> [and check out the others in the playlist] grab your skipping rope from the pack & do the workout. Afterwards create your own skipping challenge! Post a video of it to the Facebook page and Jamie from Plus Fitness will choose a winner! **Winner gets an online Rebel Sports voucher.**

Paper art. Grab the coloured paper in your pack and stretch those fingers, its time to get folding. See the great instructions on page 3.

****Tattoo challenge.** Who has the best tat skillz? Draw your best tattoo design and post it to the Facebook page. A tattoo artist will pick the winning design! **Winner gets a mystery prize ...**

Day 3

Daily journal. Day three entry have a look at the next prompt (page 4) and see what you think.. write about if afterwards.

****Video Comp!** Team up with some school mates and create a Tik Tok or video masterpiece. Get creative and each film yourself doing something, anything, could be dancing or throwing an item to each other then join each video together into one. **Post on GV Youth Knot page for your chance to win a prize pack!** Need some inspo? Watch this: <https://www.tiktok.com/@itsshaaaxx/video/6817181925845863681>

Fave song. Let us know on the GV Youth Knot what songs you love and we will make a Spotify playlist of all the songs for you to listen to!

Motivation. Watch this: https://www.youtube.com/watch?v=wQyB_JtkK6Q [we will also post it on the Facebook page]. Then have a think about what your dream is, what you aspire to do. With the coloured card in the pack write/draw something that inspires you or a positive message for yourself. Then put the card on your mirror, in your journal or somewhere as a daily reminder of what you are striving for.

Daily journal. Day four entry. Watch this clip: <https://youtu.be/hr-gQYVKYFw> then write about your thoughts on it and if there are any learnings you took away from it.

****Best hair!** Show us your best tips and tricks for taking care of your hair, take a quick tutorial video and send it to us at the Facebook page. **Best video wins a hair care pack!** Get creative with it...

Push up/sit up challenge. You got what it takes? Prove it! Grab the push up/sit up challenge sheet [page 5] from the pack and get cracking. For an extra push FaceTime a school friend and do it together.

Learning Auslan! Take a look at the language sheet in the pack [page 6], watch the tutorials then FaceTime a friend and have a conversation in Auslan. Or post a video on the Facebook page of yourself asking a question in Auslan for people to reply to.

How do you feel on the last day?



Daily journal. Last entry... reflect on your time so far learning from home. Afterwards call a friend and ask them how they are finding learning from home or if you are up for it post a 30 sec video of yourself to the GV Youth Knot page to share your experiences.

****Best trick shot!** Alright lets get active.. film yourself doing the best trick shot you can do with a soccer ball/basketball/tennis ball whatever ball or even try the stressball in your pack. Post the video on GV Youth Knot for **the chance to win an online Rebel Sports Voucher.**

****Flower Power.** See the tin can? Eat what's in it and use the tin as a vase. See the flower instructions [page 7] and create a masterpiece to give to Mum or someone special on Mother's Day. Send us a pic of your finished product on GV Youth Knot & the best flowers will be judged by a florist with **the winner getting a bunch delivered to their home!**

COVID Time Capsual. Whats your favourite stuff at the moment? Song, Tik Tok, quote, movie, book whatever you want! Write it down or put a part of it in the brown paper bag the activity pack came in. You now have a time capsule to look back on and remember what it was like during COVID times - we are living through history in the making!

BONUS ACTIVITIES

Bit bored? Try these activities and once done tick it off until you have completed them all. There are even some gaps so you can add your own activities ...

Read something new

Do a random act of kindness for someone at home

Check in with a friend from school

Grab the colouring pages from the pack and ... get colouring!

Write a list of movies you want to see

Write a bucket list of things you want to do before you ... kick the bucket

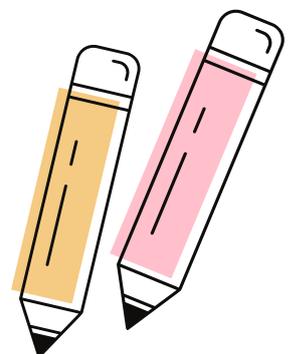
Call/text a family member just to say hi

Download Smiling Minds app & try a new meditation

Make a playlist to chill out to

Have a paper plane comp

Solve daily brain teaser on GV Youth Knot FB Page



ACTIVITY PACK FEEDBACK!

Date: _____

Year level: _____

Fill this sheet in when you have finished all your activities

Tell us how the pack activities made you feel:



Do you think that the activity pack has helped you engage with your classmates?



Do you think that the activity pack has helped you feel connected to your school?



Do you feel like this pack has helped you with maintaining /promoting good mental health?



Which activity was your favourite? Why?

How could we improve our packs to help students feel connected and to maintain good mental health? Or what else can we do in general to support young people to maintain good mental health?

Send a photo of your completed form to **0423 581 822**
or email **greatersheppartonlighthouse@gmail.com**
for the chance to win a Rebel Sports Voucher!