



Elderslie High School Weekly Planner



Name:		Term 3, Week:				
Time	Period	Monday	Tuesday	Wednesday	Thursday	Friday
8:40am-9:25am	0					
9:25am-10:40am	1					
10:40am-11:00am	Recess 1	<i>Brain Break</i>	<i>Brain Break</i>	<i>Brain Break</i>	<i>Brain Break</i>	<i>Brain Break</i>
11:00am-12:15pm	2					
12:15pm-12:35pm	Lunch 1	<i>Brain Break</i>	<i>Brain Break</i>	<i>Brain Break</i>	<i>Brain Break</i>	<i>Brain Break</i>
12:35pm-12:50pm	Lunch 2	<i>Brain Break</i>	<i>Brain Break</i>	<i>Brain Break</i>	<i>Brain Break</i>	<i>Brain Break</i>
12:50pm-2:00pm	3					
2:00pm-2:15pm	Recess 2	<i>Brain Break</i>	<i>Brain Break</i>	<i>Brain Break</i>	<i>Brain Break</i>	<i>Brain Break</i>
2:15pm - 3:25pm	4					
Todays Goal						
Zoom Lessons						
Assessments Due						

Brain Break Ideas!!!

- Walk the dog
- 50 x Star Jumps
- Do a TikTok dance
- Listen to music
- Use the Reach Out Breathe App
- Colour In
- Go for a run
- Kick a ball
- Shoot some hoops
- Juggle a ball

Have you??

- Showered today?
- Eaten three meals?
- Had water?
- Got fresh air?
- Spoken to friend?
- Taken three (3) deep breaths?
- Helped around the house?
- Had enough sleep?
- Told yourself that you're awesome?
- Been open to help?

Motivation Tips

- Set goals
- Choose goals that interest you
- Make your goals public
- Plot your progress
- Break your goal up
- Use rewards
- Don't do it alone

Cool Wellbeing Websites

- Kids Helpline <https://kidshelpline.com.au/>
- Headspace <https://headspace.org.au/>
- Reach Out <https://au.reachout.com/>
- The Black Dog Institute -Bite Back <https://www.biteback.org.au/>
- Lifeline <https://www.lifeline.org.au/>