

Lockdown Wellness Kit

Australian Red Cross

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Daily Activities

Some fun and lockdown friendly activities you can do each day.

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Daily Activities

Each day we'll be providing you with an activity card with suggested things to do. These focus on tips to stay active, positive, calm and connected with loved ones.

Planning and upholding a daily routine is important for your mental wellbeing and the goal setting journal can help you maintain this. Trying new activities can inject some fun into your day, keep you entertained and help the days go by quicker.



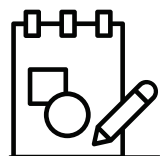
Move

Staying active helps us to stay physically and mentally well. We've included suggestions for physical activities that you can do in your home to reduce any stress that builds through the day, give your body a gentle workout and hopefully even bring you joy.*



Mind

Physical relaxation and mindfulness techniques can reduce stress levels and are useful to help manage pain and emotional distress. We'll provide you simple tips and activities to relax, clear and calm your mind.



Do

It's helpful to have a routine, and it's also important to find moments of joy and fun. We've created daily activities to challenge yourself, learn something new and keep your mind active.



Connect

It's important to stay socially close. You can stay connected with loved ones on the phone or using email, apps or social media. We'll provide you with a daily conversation starter, which might help you to have a giggle with a friend or even learn something new about a family member.

*When participating in any exercise program, you do so at your own risk and on the advice of your physician to determine if it meets your needs.

Creativity Corner

This card is brought to you by Carolyn at Australian Red Cross.

"I love being able to express myself creatively. It lets me use my imagination and show how I am feeling in a different way."
Carolyn



Strike up a conversation with a friend about your drawing.



Play Charades. It's a great way to communicate non-verbally. It's also fun for all ages.

Tip: You can also pick a category like sport or Disney characters. Spend a few minutes researching some categories. Google if you need inspiration.

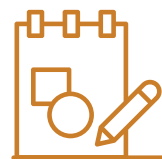
1. Invite a friend to join in on video chat, or play with your household.
2. Choose a player to start the game. The player thinks of a book title, film, TV show, actor's name or song title to pantomime.
3. The player then pantomimes the word or phrase chosen to the other players.
5. The first person to guess the word or phrase gets a point.



A memory game, to activate your mind.

Tip: Don't worry if you don't remember many in your first round. You can keep practicing and do it as many times as you like. Do you have a special way to recall information more easily?

1. Explore the App Store or Google. There are a whole heap of free games on the App Store or the Google Play Store that you can access!
2. Download
3. Play!



Get those creative juices flowing and do some colouring in or drawing.

1. We've provided you with a colouring in sheet to complete or a space for some free form doodling.
2. Stuck on what to draw? Try a self portrait, draw your favourite place, food or pet.

It's Playtime

This card is brought to you by Alex at Australian Red Cross.

“One thing we all forget to do in regular life is play. Playing certain types of games are proven to help with mental agility, mood and reflexes!”
Alex



You can do any of these things with your friends! Try to get in touch with your friends and family about joining you in some game time! :)



Sing a duet with a stranger or celebrity!

Tip: Think of this as quarantine karaoke. It's a great way to get the blood pumping through the joy of performing!

1. Download Smule
2. Use the microphone on your phone or headphones
2. Pick your all time favourite songs
3. Sing like no one is listening!



Some games are absolutely brilliant at helping you relax.

Tip: Some great places to start are critically acclaimed games like Flower or Alto's Odyssey. Or try some home grown games like Paperbark.

1. Explore the App Store or Google. There are a whole heap of free games on the App Store or the Google Play Store that you can access!
2. Download
3. Play!



Get creative!

Are you not able to find a game to suit your tastes? Connect with a friend or two to come up with some games to play with each other. It could be as simple as trying to draw characters from memory all the way up to creating your own Dungeons and Dragon's style campaign!

Tip: Anything is possible in the world of creativity. Creating a game is a completely blank canvas. It's a chance for you to really use your imagination!

1. Think about what kind of games you and your friends like to play
2. Set the scene, what's happening? When is it happening? What, if any, are the characters like?
3. What are the rules of your game?
4. How do you win?

Namaste Time

This card is brought to you by Holly at Australian Red Cross.

"I love practising yoga, it's the best part of my day and helps me cure the desk hunch. The best part about it is it can be done anywhere!"

Holly



It's easy to set up a good exercise or yoga practise if you do it with a friend. Why not create a 7-day challenge with a friend?

Check-in with each other day and say how you're feeling and if you practised yoga today.



Namaste! I'd love you to try your hand at yoga. It's time to get your stretch on.

Tip: If you don't have a mat you can use items around your house assist you. A towel on the floor, a cushion under a sore knee to assist. You could even try your hand at chair yoga.

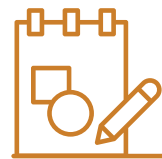
1. No matter what your fitness level there is a type of yoga for you.
2. I like to practise vinyasa as an all-body workout but you might like to start with a gentler yoga.
3. On you-tube search for Beginners yoga, chair yoga, or even kids yoga if you have little ones with you



Yogis have been practising Dhyana (meditation) for millennia. Why not give it a try?

Tip: Smiling Mind and Headspace are too great apps to learn meditation.

1. Find a guided meditation for beginners on YouTube or Spottily. Search for a body scan meditation.
2. I find it best to practise in the morning to clear your mind.
3. Find a comfortable seat.
4. Begin!



Laughter is the best medicine!

Believe it or not, laughter (which often begins with a smile) appears to help boost your body's immune system!

1. Why not try googling your favourite comedian and watching a clip.
- 2 Search for silly or dad jokes, they're terrible but they might make you laugh!
3. Send the video to a friend, why not set up a whats-app group for laughs, where you send it each other things that make you laugh?

Of letters, words and worlds

This card is brought to you by
Sabrina at Australian Red Cross.

*"Words can inspire,
create worlds and they
are free" Sabrina*



Spread some love! Remember
how excited you'd get when you
were younger, when a letter
came in the post?

Surprise a few friends and send
them a letter in the mail (or
email them if you prefer!)



Let's get moving with an Alphabet ? themed workout!

Tip: Exercise relieves stress, improves memory, helps you sleep better, boosts your overall mood, and keeps you fit of course. I try to start or finish every day with some exercise.

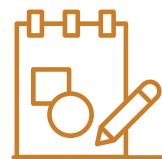
1. Use our exercise alphabet page to challenge yourself.
2. Spell your name, and do the exercises that make up your name. If with another person, you can also challenge each other, pick random words, or even whole sentences!



Challenge yourself or get creative with crosswords! It's a great way to relax.

Tip: No need for paper! You can find plenty of crosswords and quizzes on-line and there are many websites that can help you create your own crosswords, word searches and word scrambles.

1. We've attached a crossword we created so give it a go.
2. Why not get creative and make your own crosswords?
3. Challenge your friends and play Scrabble on Words with friends online



It's a crazy world we live in so why not write about it?! It'll make for a great read in a few years.

Tip: Refine your writing skills! If you want to learn from the experts there are numerous on-line creative writing tutorials, both free and paid, including one by author of the Handmaid's Tale, Margaret Atwood.
www.masterclass.com and search for Margaret Atwood.

1. Think about what you would want your grandchildren to know about 'the time of COVID-19' and your experience with it.
2. You could also write a type of Q-Diary: for each day. See the attached template.

Music to my ears

This card is brought to you by Mali at Australian Red Cross.


*"Music always makes me smile when I'm feeling a bit low so my suggestions are all around music."
Mali*



Give a friend a call and ask them about their favourite songs or the best gig they've been to.



Pick your favourite song, and dance for ten minutes.

Tip: Are you stuck on what shapes to make?  I love to try and master Beyonce's 'Single Ladies.' Give it a search on YouTube and follow along.

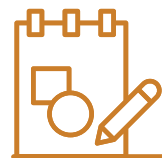
1. Choose your favourite tracks.
2. Invite a friend on video chat and have a dance off!
3. Dance your heart out.



Pick a song that relaxes you. Sit back with your eyes closed and try this breathing technique.


Tip Turn your phone notifications off so nobody can disturb you. This is time for you.

1. Choose your favourite track. I love to relax to classical music.
2. Sit or lie in a comfy position and close your eyes.
3. Place one hand on your stomach and place the other hand on your heart.
4. Breathe in and out on a 1,2,3 count.



You're stuck on a desert island and can only have 5 songs with you. What songs would you pick?

Tip: Think of songs that represent important moments in your life. If you need inspiration, check out the podcast Desert Island Disks.

1. Think about the songs that have made your life great or remind you of important moments.
2. Write your list of songs down. 
3. Share it with friends or on social media.

Learn Everything!

This card is brought to you by Alex and Sabrina at Australian Red Cross.

"We love learning new things. It makes us feel more confident, smarter and we get really excited about personal development!"
Alex and Sabrina



Here's a starting tutorial for making a video on your phone that you can then share with family and friends

Search for: Introduction: Video on the mobile phone_MS on Vimeo.



Take on an exercise challenge

Tip: Reflect on what kinds of exercises or relaxation techniques you enjoy. Set a target to reach a new goal.

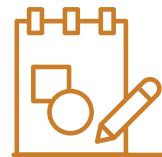
1. Pick an activity you think is out of your reach, for example, 10 crunches or a headstand.
2. Break it down into achievable daily steps. By the end of two weeks you'll have it down!



Learning a new language is a great way to focus your mind.

Tip Practice! Speaking a new language is the best way to learn it.

Duo-lingo is a great free tool for learning a language in bite sized chunks. Make sure to track your progress in your diary.



Master a new topic. Is there something you've always wanted to know more about? Now's a perfect time.

Tip A great starting point for learning about a new topic is **TED Talks** or YouTube channels like **OverSimplified**.

1. Think about something you'd like to learn.
2. Set your self an achievable goal.
3. What can you do in the next two weeks to learn something new?
3. Explore on-line resources to help you achieve the goal.

Reflection

This card is brought to you by Purvi at Australian Red Cross.

"Whenever I am feeling powerless, it often helps me to reflect on what I have and what I can change to refresh myself and feel more in control." Purvi



It's Important to stay connected. Share your list of things that make you feel better with a friend or family member and ask them what they are doing to stay active.



Stretch your arms, neck and legs and unleash any tension.

Tip: Search YouTube for: **Relaxing Stretches for Stiff Muscles - Ask Doctor Jo** for my favorite video.

P.S There are hundreds on YouTube, so there's something for everyone!

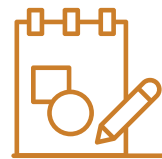
1. Take a deep breath and rotate your neck and your shoulders
2. Reach up with both your hands over your head, pull one arm down at a time like you are pulling a rope
3. Take a step forward, lean your body forward (keep your chin in line with your knee) and hold the stretch for a count of 20. Swap legs and do it again



Look at your phone and select 3 photos that make you smile! Look at each photo and take a moment to reflect on it.

Tip: Turn your phone notifications off so nobody can disturb you. This is time for you.

1. What happened when you were taking that photo?
2. What makes you smile?
3. What else happened that day/ or with that person that makes you feel happy?



Write down tips to help somebody else thrive in isolation. You can write out your Dos & Don'ts and we will pass it on to someone else in the same situation.

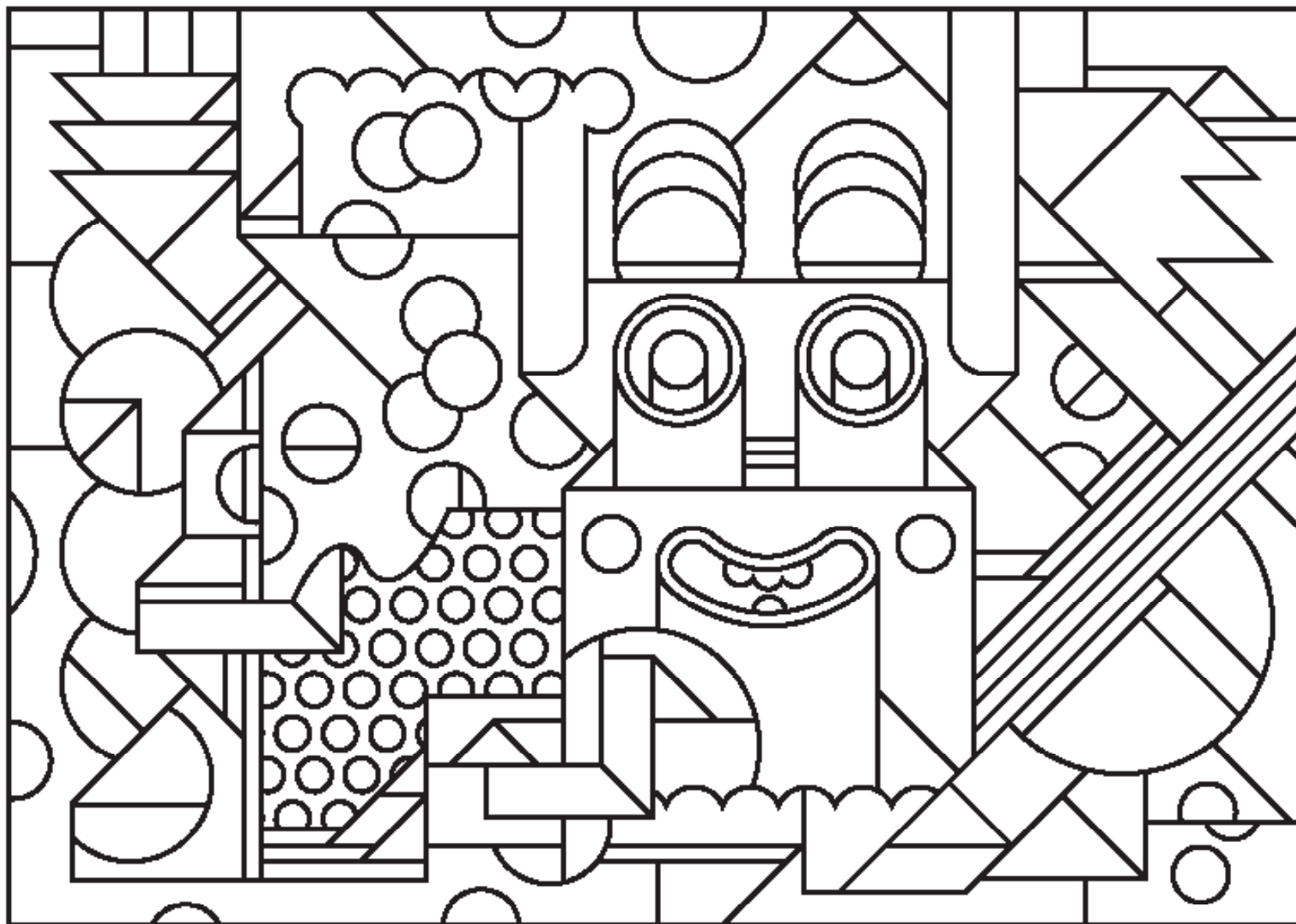
1. Think about all the things that helped you and how you dealt with things that you found challenging
2. Create tips and suggestions for someone else to make it easier for them.
3. Think about how you can use those tips in your normal life.
3. Share your tips with a close friend.



Relax your mind and colour in

This awesome image was created by the super talented Supermundane. He has lots more colouring sheets to download on his website www.supermundane.com.

Check out his Instagram for some colourful images to brighten your day. [@supermundane](https://www.instagram.com/supermundane)





Alphabet Workout

Get up and move! Spell your name and challenge yourself.

A Star Jumps x 15

B Crunches x 30

C Jump Squats x 20

D Bridge x 60 seconds

E Jump Lunges x 30

F Plank x 30 seconds

G Lunges x 30

H Sit Ups x 25

I Side Lunges x 30

J Bicycles x 50

K Clamshells x 40

L Side Plank x 30

M Single Leg Squats x 20

N Bent Leg Jack Knives x 20

O Jumping Jacks x 50

P Straight Leg Jack Knives x 20

Q Cross Country Skiers x 50

R Scissor Kicks x 50

S High Knees x 50

T Mountain Climbers x 50

U Squats x 25

V Leg Lifts (side) x 40

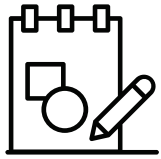
W Leg Lifts (on back) x 40

X Leg Lifts (on stomach) x 40

Y Supermans x 30

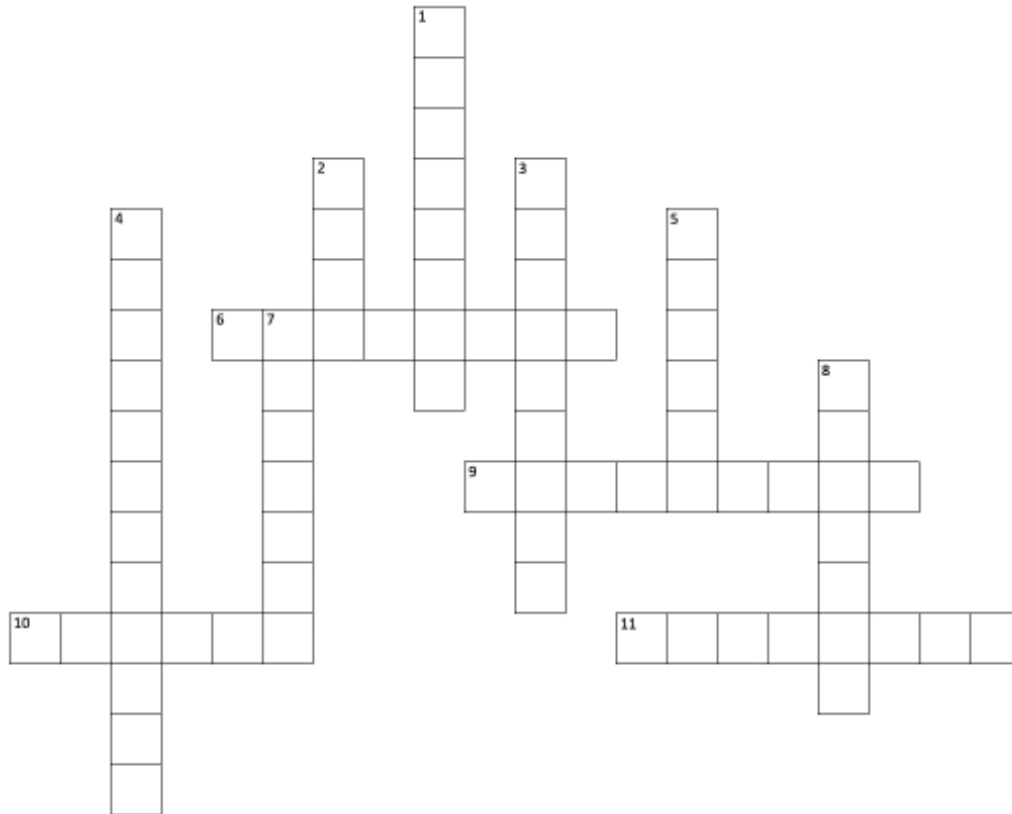
Z Donkey Kicks x 30

*When participating in any exercise program, you do so at your own risk and on the advice of your physician to determine if it meets your needs.



Words, words, words!

Challenge yourself or get creative with our crossword or a word search.



Across

- 6. Make something from odds and ends
- 9. The colourful kind of yard work
- 10. Making sweet treats
- 11. Clean it up

Down

- 1. A moment of zen
- 2. Stretching in a sequence
- 3. Connect with loved ones
- 4. Put your favourite memories in a book
- 5. One piece at a time
- 7. Get lost in a story
- 8. Outdoor exercise

"BE SAFE" WORD SEARCH

Find and circle these words



SOAP

SNEEZE

SCRUB

CLEAN

COUGH

GERMS

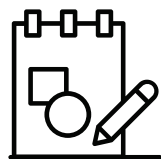
HAND WASH

ELBOW



FOR MORE KIDS ACTIVITIES VISIT www.preparecenter.org/kidskit

The cross word is taken from the American Red Cross.
The word search is taken from www.preparecenter.org



Some space for you.

Draw, doodle, write or create. This space is for you.

HERO KIDS

Australian Red Cross Hero Kids: because every kid can be a hero!

We know it's challenging keeping the little ones entertained in a limited space, so we have some activities brought to you by our four heroes:



Captain Kindness



Funny Bunny



Gratitude Giant



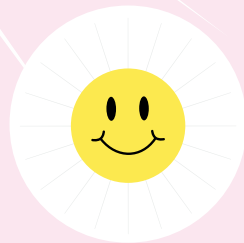
Patience Pal

Our Hero Kids program is a fun way to bring values like kindness, patience and gratitude to life for kids, while keeping them entertained.

The fun activities will help to distract, entertain and relax your little ones - all while teaching them important values.

redcross.org.au/herokids

CAPTAIN KINDNESS!



COMPLIMENTS CHALLENGE!



Grab a friend and get ready for a kindness challenge!

- Look at the person in front of you and think about all of the things that you like about them.
- In one minute tell them as many of these lovely things as possible - how many did you get? Do you think you could beat your score?

A LITTLE EXTRA

- How did they react to the nice things you said?
- How did saying nice things make you feel?



FUNNY BUNNY!



TONGUE TWISTERS!



THE TWISTERS

Can you say these quickly without making a mistake?

“Two tiny tigers take two taxis to town.”

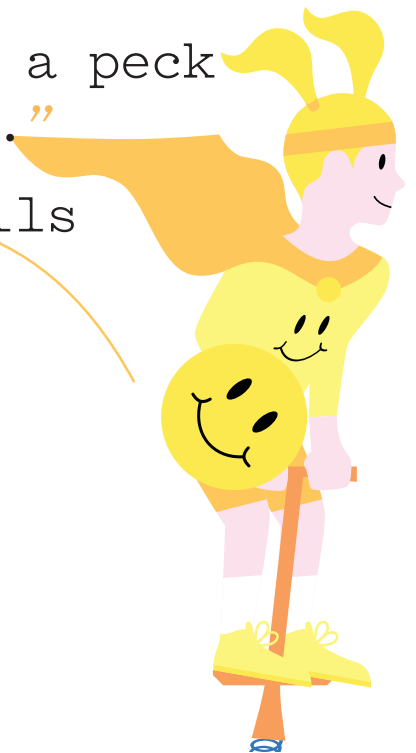
“Peter Piper picked a peck of pickled peppers.”

“She sells sea shells on the seashore.”

A LITTLE EXTRA

Can you think of any other tongue twisters?

What words do you think are funny to say?



GRATITUDE GIANT!



ACTIVITY



MANY THANKS!

QUICK & FUN
5 mins

How many different ways to say thank you can you think of?

- It feels great to say thank you in any language, but how many do you know?
- Did you know that in France they say 'merci', in Spain they say 'gracias' and in China they say 'xie xie'? Do you know any others? Ask your grown ups if they know any more!
- In sign language, the way to say thank you is to hold your hand flat and touching your chin, then bring it down towards the person you are thanking!

A LITTLE EXTRA

- How many did you find and which was your favourite?
- Have you tried using some of them instead of thank you? Did people enjoy it?



PATIENCE PAL!



ACTIVITY



MASTER OF MINUTES!



Learn how long one minute really is with this fun game!

- Ask your parent to set a timer for one minute and challenge yourself to do one thing for the whole time.
- Try wiggling your toes for a minute, staying completely still or running on the spot!

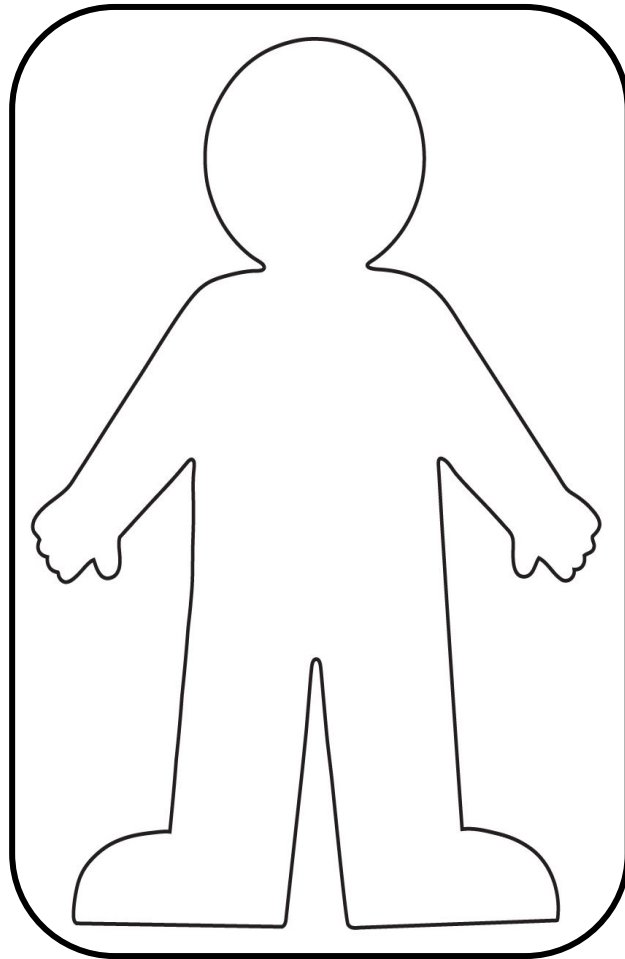
A LITTLE EXTRA

- Did a minute feel longer or shorter than you thought it would?

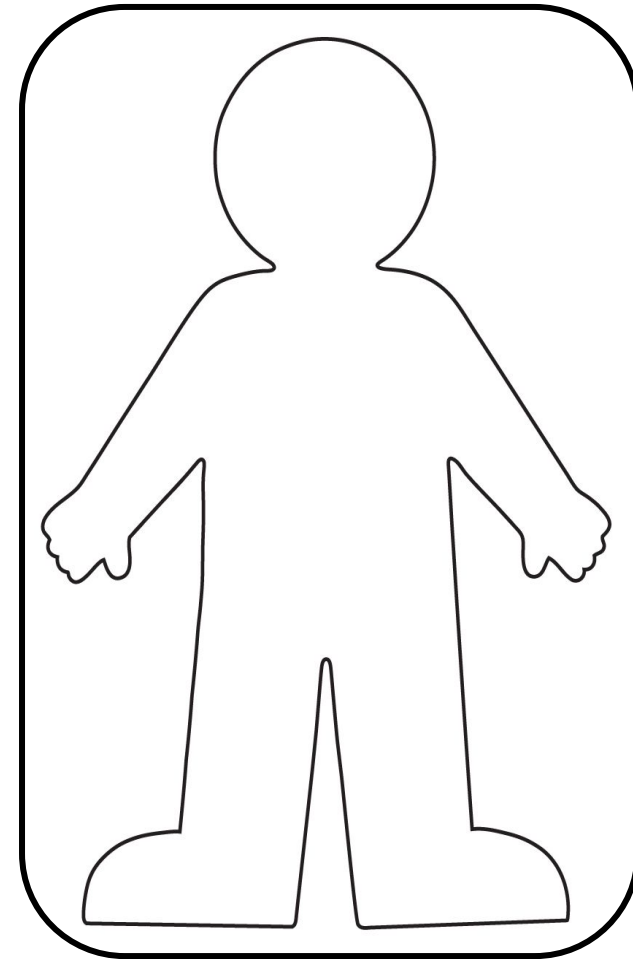


Empathy X-Ray!

When we have an x-ray it shows us inside our bodies so that we can see our bones. For this exercise, imagine that an x-ray shows us what our feelings look like!



On this x-ray, can you draw how you feel inside when you do something kind for someone else?



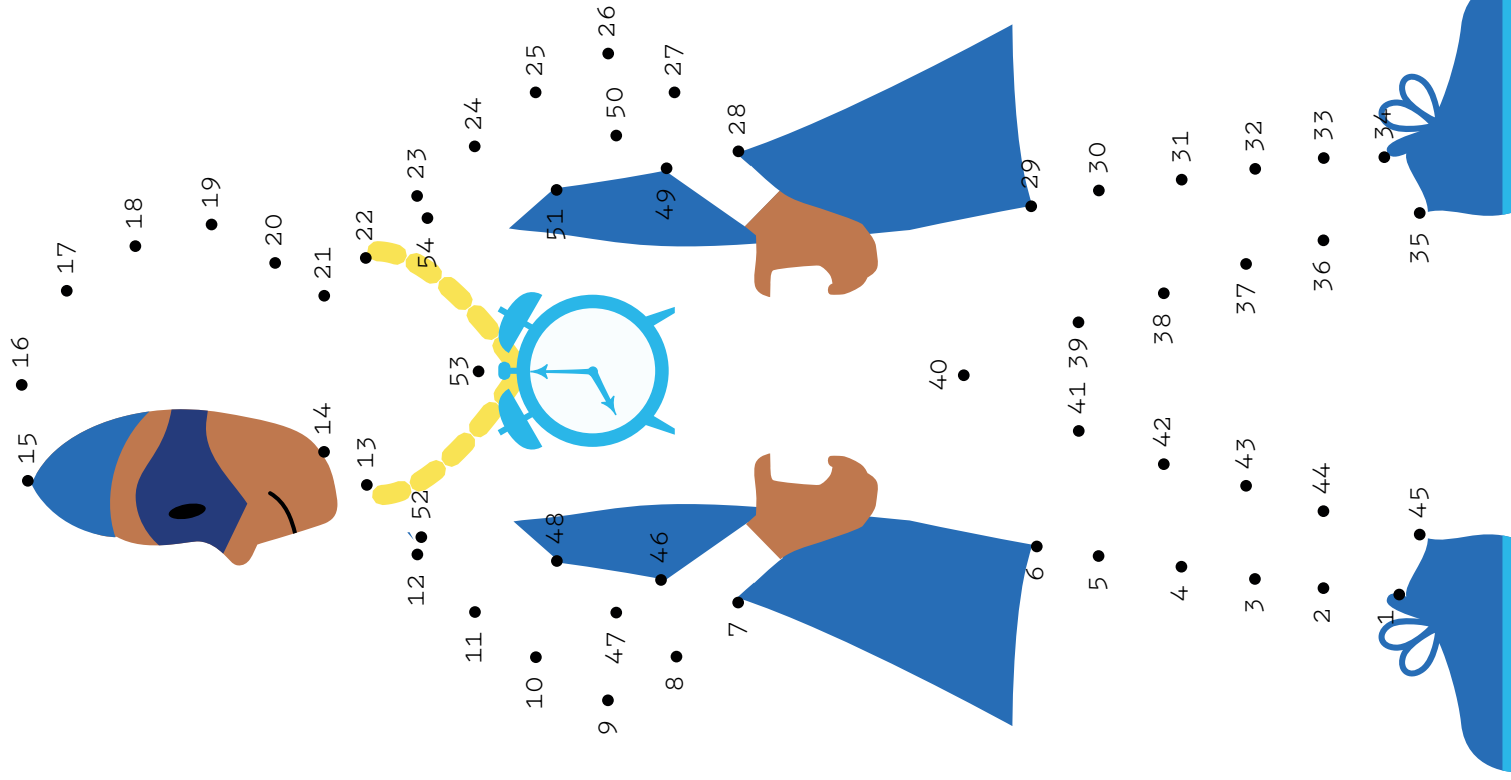
What about when you make someone sad? What do you think those feelings look like? Draw them on this x-ray!

SPOT THE DIFFERENCE!



Funny Bunny looks a little different in each of these pictures. Can you spot all 10 little changes? See how many you can find!

PATIENCEPAL DOTTODOT!



Connect the dots to complete this
Patience Pal dot to dot!

Journal

We've provided a journal sheet for each day

the
powerof
humanity



Keeping a journal

We've provided some space for you to complete a journal. In the journal you'll find sections for:

Setting a goal each day

Setting goals and achieving them enhances our sense of control. Now is a great time to learn something new, or restart an activity you enjoy. Set a small and achievable goal each day and schedule it into your daily routine. When you've completed it, reflect on how you feel after completing the goal. You can use the journal sheets we've provided.

Checking In

Being aware of our surroundings, thoughts and feelings helps us stay calm and is important for our mental wellbeing. It's also helpful to be able to look back on past days and see how we were feeling, what's changed, and what we want to work on in the upcoming days. Use the goal setting journal to assist you to reflect on how you're feeling, and track your progress toward your goals.

This journal was inspired by our friends at the Hong Kong Red Cross. We hope you enjoy it.

Tip

We have provided you with some journal pages for you to fill in. If you don't like what we've provided, feel free to freestyle and write what you feel. There are lots of styles of journaling, find one that suits you.

Journal

One good thing that happened today?

One thing you learnt (e.g. about yourself)?

One challenge you faced?

Notes

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Australian Red Cross is one of 192 National Societies that, together with the International Committee of the Red Cross and the International Federation of Red Cross and Red Crescent Societies, make up the International Red Cross and Red Crescent Movement - the world's largest and most experienced humanitarian network.

The Movement's unique ways of working are drawn from over a hundred years of work in situations of emergency, crisis, disaster and war and remain ever relevant as the world faces the COVID-19 pandemic. Our global aim as a Movement is to prevent the transmission of COVID-19, help affected communities to access social services, and reduce the economic, social and psychological impact on people.

Australian Red Cross has a special relationship with the public authorities, being auxiliary to them in humanitarian field. We are trusted to take on this role because we have over a century's experience mobilising volunteers to respond to crises and we carry out all our activities guided by our Fundamental Principles, which include the goal to prevent and alleviate suffering, being motivated only by the urgency of need and not taking sides in politics.

To find out more about our principles search for **The Movement** or **Fundamental principles** on our website.

Let us know if the pack has been helpful or if we can improve it in any way.

Send your feedback to: customerresearch@redcross.org.au

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