

ANSWER GUIDE



Term 1, 2022

Part 1: Do something!

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Activity title	Answers
Your move	Students' own response

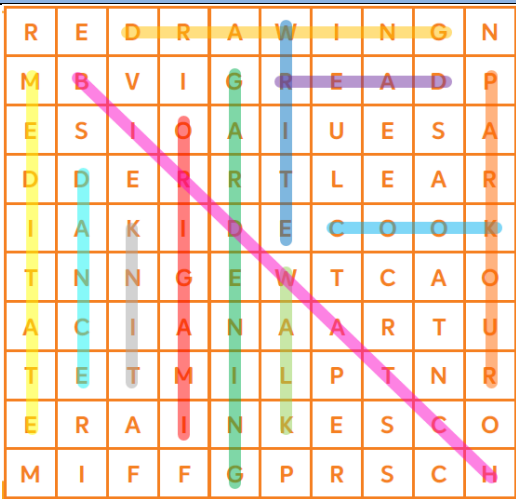
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Activity title	Answers
Figuring out factors	Protective factors: healthy lifestyle, having friends and family to talk to, sense of culture and identity, sense of purpose, being active Risk factors: drug abuse, low self-esteem, poverty, racial discrimination, family conflict
Happy hormones	Students' own response

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Activity title	Answers
Take action	Physical: Activities that get your body moving, like swimming or netball. Social: Activities that workout your brain, like completing puzzles or writing music. Cultural: Activities that focus on a meaningful connection with something beyond yourself, such as prayer or meditation. Spiritual: Activities that connect you to your culture and family traditions, such as cooking or crafts. Mental: Activities that involve interacting with others, like playing a team sport or joining a coding club.
Innovate	Students' own response
Go-getters	Students' own response

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Activity title	Answers
Free and easy	
Plan ahead	Students' own response

Part 2: Get connected!

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Activity title	Answers
Join in	club, band, cast, crew, team, class, squad, troupe community

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Activity title	Answers
We long to belong	Students' own response
Who gets on?	Solitary: octopus, sea turtle, jaguar, pangolin, panda, snake, toad, cricket Social: penguin, meerkat, dolphin, honeybee, elephant, termite, gibbon, wolf
Social connections	Students' own response
Awesomely authentic	Students' own response
Being a great mate	Students' own response

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Activity title	Answers
Activity Finder	Students' own response
Innovate	Students' own response
WA talks	

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Activity title	Answers
Tech-gether	<p>Avoid screens before bed time.</p> <p>Don't share personal details.</p> <p>Take regular breaks.</p> <p>Be polite and courteous.</p> <p>Don't compare yourself to others.</p> <p>Join safe and supportive groups.</p>
Together apart	Students' own response

Part 3: Make it meaningful!

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Activity title	Answers
Live and learn	

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Activity title	Answers
Go for goals	Students' own response
You do you	1. kinaesthetic, 2. auditory, 3. visual
Learning online	Answers include: meditation: Smiling Mind, Headspace for Kids, Stop, Breathe & Think languages: Duolingo, Babbel, Rosetta Stone coding: Kodable, Tynker, Scratch Jr music: Yousician, Musical Me!, Mussila Music School drawing: doodle Buddy Draw, Draw and Tell HD, Astropad Studio

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Activity title	Answers
Lend a hand	Answers include: Formal: volunteer at a food bank, join an environmental group, join the student council Informal: help out a friend, pick up litter, donate unwanted goods
Time to help	Students' own response
Fun-raising	Students' own response

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Activity title	Answers
Bow-wow pals	<input checked="" type="checkbox"/> Dogs provide companionship. <input checked="" type="checkbox"/> Dogs need to be fed on a regular schedule. <input checked="" type="checkbox"/> Most dogs enjoy pats and cuddles. <input type="checkbox"/> Caring for a dog costs money. <input checked="" type="checkbox"/> Dog walking gets you outdoors in nature. <input checked="" type="checkbox"/> Dog walking is a form of exercise. <input type="checkbox"/> Dogs can get injured or sick.
Challenge accepted	Students' own response