

R U OK ? Day

Celebrate R U OK? Day on September 9th no matter where you are!

Here are some ideas and links to help you celebrate. Click on the pictures for the links

Create a happy dance to your favourite song.



Chalk drawings on your driveway or nearby footpath to brighten up someone else's day!



Learn some breathing exercises to help you relax when you are feeling upset.



Click picture

Do some yoga with cosmic kids.



Click picture

Create a space just for you, add your favourite books and toy.



Make funny face biscuits.



Click picture

Take a walk outside. Have a scavenger hunt.



Click picture

Wear yellow to create awareness. Take a photo



Do the freeze dance.



Click picture

Make a sensory bottle.



Click picture

Can you catch some bubbles?



Click picture

Share a book with someone special.



Make a funny face.



How to be a good friend.



Wrap yourself up in a blanket



Listen to a song.



Click picture

It's Okay