

ACTIVITIES CALENDAR: KEEPING YUMI FAMILIES SAFE AND STRONG

30 things Zenadth Kes families can do to look after yumi mental health during COVID-19. Please use & share.

- 1 Pray daily to ask for guidance, & blessing
- 2 Learn a new ailan hymn with my pamle
- 3 Practice Island Dance with my pamle
- 4 Learn a new language word from my Elders
- 5 Ring my Aka and Athe for check on thempla
- 6 Listen to Radio4MW for COVID-19 information
- 7 Collect shells from the beach with my pamle
- 8 Wash my hands regularly and practice good hygiene
- 9 Practice Social Distancing to keep everyone safe
- 10 Ghost crab hunt at night with my parents
- 11 Tell my parents I love them and appreciate them
- 12 Use my manners and be kind to my pamle
- 13 Help clean the house and do chores
- 14 Help cut grass and clean the yard for my pamle
- 15 Practice quiet reading or listening to music
- 16 Drink lots of water and eat healthy
- 17 Write a story, poem or song with my pamle
- 18 Give my parents a break and quiet time
- 19 Facetime or video call my friends and cousins
- 20 Use recycled goods to create Arts & Crafts
- 21 Make funny TikTok videos with my siblings & parents
- 22 Listen to a History Story from my Elders
- 23 Exercise with my pamle
- 24 Contact Mura Kosker if I'm feeling down
- 25 Limit my screen time and TV time
- 26 Play a fun game with my pamle
- 27 Clean and decorate my room
- 28 Make island scones or bake cakes with my mum
- 29 Help prepare kai kai for my pamle
- 30 Look after my siblings and make them happy



“Yumi pamle must look after yumi mental health during COVID-19. Stap house, stay safe and look after yumi wellbeing.”

Important health notice : If you gud any symptoms blo Coronavirus. Ring up your medical centre before you gor there.

If your pamle need help. Please call Mura Kosker Sorority on 4069 1663 or email admin@murakosker.org.au

