



<https://www.ruok.org.au/>

Djerriwarrh Community & Education Services would like to invite you to participate in our R U OK? DAY of activities 😊

Use the day to learn about R U OK? and explore ways to stay connected during these challenging times!

The day is designed to be self paced and you can click on any link of choice, when it suits you!

Our team would like you to take some time out, have fun with the experiences below and stay safe 😊

TOPIC	ACTIVITY	CHECK OUT THE LINK
Intro song	Listen/Watch or Sing a long (Lean on Me)	<a href="https://www.youtube.com/watch?v=athd5_CW_z0">https://www.youtube.com/watch?v=athd5_CW_z0</a>
Knowledge	What is R U OK? DAY  Grab yourself some morning tea Then read the guides, watch a slide and a video.	<a href="https://youtu.be/erHLP29tzPE">https://youtu.be/erHLP29tzPE</a>  <a href="https://vimeo.com/283591379">https://vimeo.com/283591379</a>  <a href="https://ruok.org.au/every-day-resources">ruok.org.au/every-day-resources</a>
Music	Listen/Watch or Sing a long (Don't worry, be happy)	<a href="https://www.youtube.com/watch?v=uWXUWepSak4">https://www.youtube.com/watch?v=uWXUWepSak4</a>
Travel	Window swap	<a href="https://window-swap.com/">https://window-swap.com/</a>
Music	Listen/Watch or Sing a long (I am Australian)	<a href="https://www.youtube.com/watch?v=JgJ309VIV2U">https://www.youtube.com/watch?v=JgJ309VIV2U</a>
Exercise	Laughing yoga	<a href="https://www.youtube.com/watch?v=GzJX3QhRjs4">https://www.youtube.com/watch?v=GzJX3QhRjs4</a>  <a href="https://www.youtube.com/watch?v=0dPHIJGyi94&amp;feature=youtu.be">https://www.youtube.com/watch?v=0dPHIJGyi94&amp;feature=youtu.be</a>



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TOPIC	ACTIVITY	CHECK OUT THE LINK
Music	Listen/Watch or Sing a long (What a wonderful world)	<a href="https://www.youtube.com/watch?v=ddLd0QRf7Vg">https://www.youtube.com/watch?v=ddLd0QRf7Vg</a>
Games	Facial expressions quiz	Complete the quiz <a href="https://greatergood.berkeley.edu/quizzes/ei_quiz/take_quiz">https://greatergood.berkeley.edu/quizzes/ei_quiz/take_quiz</a>
Exercise	"Dance in the Body You Have!	<a href="https://www.youtube.com/watch?v=Q-psOsk83CU&amp;list=PLEIO4h6D0J-BtciftNGbY-H7ekjbNFGMI&amp;index=8">https://www.youtube.com/watch?v=Q-psOsk83CU&amp;list=PLEIO4h6D0J-BtciftNGbY-H7ekjbNFGMI&amp;index=8</a>
Gardening	Gardening Australia	<a href="https://www.youtube.com/watch?v=fRD2E7-Yb-A">https://www.youtube.com/watch?v=fRD2E7-Yb-A</a>
Music	Listen/Watch or Sing a long (Heal the World)	<a href="https://www.youtube.com/watch?v=EexXu1UhLMY">https://www.youtube.com/watch?v=EexXu1UhLMY</a>
Music	Listen/Watch or Sing a long (Jive)	<a href="https://www.youtube.com/watch?v=iFUypqMf9AU">https://www.youtube.com/watch?v=iFUypqMf9AU</a>
Gardening	Repotting succulents	<a href="https://www.youtube.com/watch?v=JwFkUzLjyO0&amp;feature=youtu.be">https://www.youtube.com/watch?v=JwFkUzLjyO0&amp;feature=youtu.be</a>
Gardening	Time Lapse – Flowering Cactus	<a href="https://www.youtube.com/watch?v=NxUvb1wr59M">https://www.youtube.com/watch?v=NxUvb1wr59M</a>
Music	Listen/Watch or Sing a long (With a little help from my friends)	<a href="https://www.youtube.com/watch?v=25U_xcqDkPA">https://www.youtube.com/watch?v=25U_xcqDkPA</a>
Animals	Just for fun	<a href="https://www.youtube.com/watch?v=IKHVNPZxe6Y">https://www.youtube.com/watch?v=IKHVNPZxe6Y</a>
Mindfulness	Yoga for beginners	<a href="https://youtu.be/v7AYKMP6rOE">https://youtu.be/v7AYKMP6rOE</a>
Music	Listen/Watch or Sing a long (We are the World)	<a href="https://www.youtube.com/watch?v=0MWNW_a35oY">https://www.youtube.com/watch?v=0MWNW_a35oY</a>



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**FEEL FREE TO CHECK OUT THESE RESOURCES:**

RUOK? Resources	Everyday resources	<a href="https://www.ruok.org.au/every-day-resources">ruok.org.au/every-day-resources</a>
Translated resources	R U OK? has a number of resources available in the following languages: Arabic, Cantonese (traditional Chinese), Greek, Hindi Italian, Mandarin (simplified Chinese), Punjabi, Spanish, Vietnamese	You can view and download these resources at You can access these resources at <a href="https://www.ruok.org.au/other-languages">https://www.ruok.org.au/other-languages</a>
Mental Health Foundation Australia	Free webinars available	<a href="https://www.mhfa.org.au/Default.aspx">https://www.mhfa.org.au/Default.aspx</a>
Mental Health and wellbeing	Apps for your phone	<a href="https://work.caraniche.com.au/7-free-health-wellbeing-apps-recommended-tested-clinicians/">https://work.caraniche.com.au/7-free-health-wellbeing-apps-recommended-tested-clinicians/</a>  <a href="https://www.hellomagazine.com/healthandbeauty/health-and-fitness/2019010866354/wellness-apps-to-download/">https://www.hellomagazine.com/healthandbeauty/health-and-fitness/2019010866354/wellness-apps-to-download/</a> <a href="https://www.healthdirect.gov.au/health-and-wellbeing-apps">https://www.healthdirect.gov.au/health-and-wellbeing-apps</a>  <a href="https://www.psych.com/25-best-mental-health-apps">https://www.psych.com/25-best-mental-health-apps</a>
Mental Health and wellbeing	be you	<a href="https://beyou.edu.au/">https://beyou.edu.au/</a>



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## Useful contacts for someone who is not OK

Encourage them to talk to a trusted health professional or call on these Australian crisis lines and professionals:

### Lifeline (24/7)

13 11 14  
lifeline.org.au

### Beyond Blue (24/7)

1300 224 636  
beyondblue.org.au

### Suicide Call Back Service (24/7)

1300 659 467  
suicidcallbackservice.org.au

### Kids Helpline (24/7)


1800 55 1800  
kidshelpline.com.au

When sharing the RU OK? message we would encourage you to highlight the support tools that you currently offer or are available in your local area and these national helplines. Find more services and tools at [www.ruok.org.au/findhelp](http://www.ruok.org.au/findhelp)

## For more information and resources:

 [ruok.org.au](http://ruok.org.au)

 [/ruokday](https://www.facebook.com/ruokday)

 [@ruokday](https://twitter.com/ruokday)

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