



Action Booklets™

Activity-based support, accessible online,
aligned to NDIS.

Sample Booklet

Explore a collection of real pages from across our
Action Booklets™ and companion booklets.

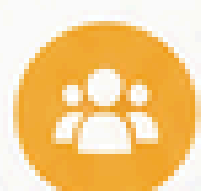
Discover how engaging, activity-based supports help participants
build confidence, develop skills and achieve their goals.



Goal-aligned
activities



Build confidence,
skills & independence



Encourages social
connection &
community



Tracks progress
& captures
meaningful evidence



Your journey.
Your goals.
We're here to
support you.



WHAT IS MENTAL HEALTH?



Mental health involves how we think, feel, and act. It also affects how we handle stress, relate to others, and make choices.



MYSTERY OBJECT



PICK IT. HIDE IT. DESCRIBE IT. CAN THEY GUESS IT?

Each player chooses an object and describes it without saying the name.
Give clues, be creative and see who can guess it first!

HOW TO PLAY:

- Each player chooses an object.
- Keep it a secret!
- Take turns describing your object without saying what it is.
- Others ask questions or give guesses.
- First person to guess correctly wins that round!

EXAMPLE ROUND:

OBJECT:
WATER BOTTLE



CLUES:

- I'm used to hold drinks.
- I can be plastic or metal.
- You take me to school or the gym.
- I help keep you hydrated.
- I'm not a cup, but I hold liquid.

★ CAN YOU GUESS IT?

RULES:

- ✓ Don't say the name of the object.
- ✓ Don't point or use actions.
- ✓ You can rhyme if you want!
- ✓ Don't lie!

TIPS FOR GREAT CLUES:

- ★ Use describing words.
- ★ Think about what it looks like.
- ★ Think about what it's used for.
- ★ Think about where you might find it.



YOUR TURN!



ROUND	MY OBJECT (Write it here)	MY CLUES (Describe it here)	GUESSES (What did others guess?)	WAS IT CORRECT? ✓ OR X
1				☐ ☐
2				☐ ☐
3				☐ ☐
4				☐ ☐
5				☐ ☐

CHALLENGE YOURSELF!

Try these challenge levels!

- EASY**
Common objects around the house or classroom.
- MEDIUM**
Trickier objects with more than one use.
- EXPERT**
Very unusual or small objects.

CAN YOU DESCRIBE AN
EXPERT LEVEL OBJECT?

REFLECTION



- Which object was the hardest to guess?
Why?

- Which clues worked best?

- What would you do differently next time?

THUMBS UP!

Give a thumbs up to the best clue-giver of the day!



Their name: _____

GREAT DESCRIBERS MAKE AMAZING COMMUNICATORS!



YOU DID IT! ♥

NOW, SHOWCASE YOUR CREATION!

You've put your ideas, inspiration and creativity into creating something amazing.



Now it's time to share your piece with someone special!

It could be your support person, a family member, a friend or someone you trust.

Proudly share what you've created!

ABOUT YOUR CREATION



What expression did you create?
(Art / Music / Dance / Drama)



What is the title of your piece?



What was the purpose or message of your piece?



What is the theme or inspiration behind your piece?



Add a photo of your creation here
(if you can)



AUDIENCE REFLECTION

Thank you for watching and supporting! ♥



1 What do you think the purpose or message of this piece was?



2 What do you think the theme or main idea was?



3 What did you understand or feel when you experienced this piece?



4 What did you like most about the piece?



5 What made this piece special or meaningful to you?



6 Do you have any suggestions or comments for the creator?

THANK YOU! ♥

Your feedback helps the creator grow, learn and keeps creating amazing things!



Your Name: _____



Date: _____



Creator's Name: _____



Creator's Signature (optional): _____

Lessons That Stay With Me

Write down a lesson or something you still remember to this day. What has made an impact or made you think more deeply?

Lessons to carry
forward...

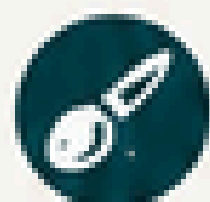
INDIGENOUS ART & CULTURE

Explore. Learn. Respect.

Watch these videos to learn about how Indigenous peoples express their stories, traditions, knowledge and connection to Country through art, dance, music and drama.



WATCH. LEARN. BE INSPIRED.



ART

Discover how art is used to tell stories, share culture and connect to Country.



ADD VIDEO LINK HERE:



DANCE

Explore how dance is used to celebrate, share traditions and keep culture alive.



ADD VIDEO LINK HERE:



MUSIC

Learn how music is used to share stories, pass on knowledge and celebrate culture.



ADD VIDEO LINK HERE:

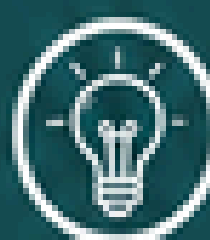


DRAMA

See how drama is used to tell stories, share history and express identity.



ADD VIDEO LINK HERE:



THINK ABOUT IT

What did you learn?
What surprised you?
How is this art form connected to Country and Community?



RESPECT AND ACKNOWLEDGE

Always show respect for Indigenous peoples, their culture, and the stories they share.
We are all on a learning journey together.



PODCAST STUDIO



CHOOSE A TOPIC. START A CONVERSATION. SHARE YOUR VOICE.

It's your turn to be the host! Create your own podcast by talking about a topic you care about. You can go solo or invite a friend, support person or sibling to join you.

You don't have to be perfect. You just have to be YOU!

STEP 1: CHOOSE YOUR TOPIC

Pick a topic you're interested in!



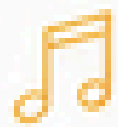
Gaming



Sports



Animals



Music



Nature



Travel



Mental Health



Movies & TV



Books



Food



Space



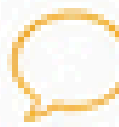
Technology



Cars



Art



Other
(Write below)

STEP 2: LISTEN & LEARN

Listen to 1-2 podcasts first. Pay attention to:

- ✓ How the host greets the audience
- ✓ How they ask questions
- ✓ How they listen
- ✓ How they respond
- ✓ How they end the podcast



PODCAST IDEAS

- Interview someone
- Tell a story
- Talk about something you love
- Give advice
- Share your opinion
- Discuss a big question
- Solve a problem

STEP 3: PLAN YOUR PODCAST

WHO IS YOUR PODCAST FOR?

(Who will enjoy listening?)



WHAT WILL YOU TALK ABOUT?

(Your main points or questions)



WHO WILL YOU INVITE?

(Solo or with guest/s?)



WHAT WILL YOU NEED?

(Equipment, quiet space, etc.)



STEP 4: RECORD YOUR PODCAST

Time to record! You can:



Record on a phone
or tablet



Use a voice recorder
or app



Record a video
or audio



TIPS FOR GREAT PODCASTS

- ✓ Speak clearly and at a good pace.
- ✓ Ask interesting questions.
- ✓ Listen carefully.
- ✓ Be yourself and have fun!



STEP 5: SHARE & REFLECT

Upload your podcast and answer the questions.



What was the best part of making your podcast?



What did you learn?



What would you do differently next time?

EVERY
VOICE
MATTERS.



EVIDENCE TO UPLOAD

Upload your podcast (audio or video).



Upload your podcast here

BONUS (OPTIONAL):



Take a photo of your setup or selfie while recording!

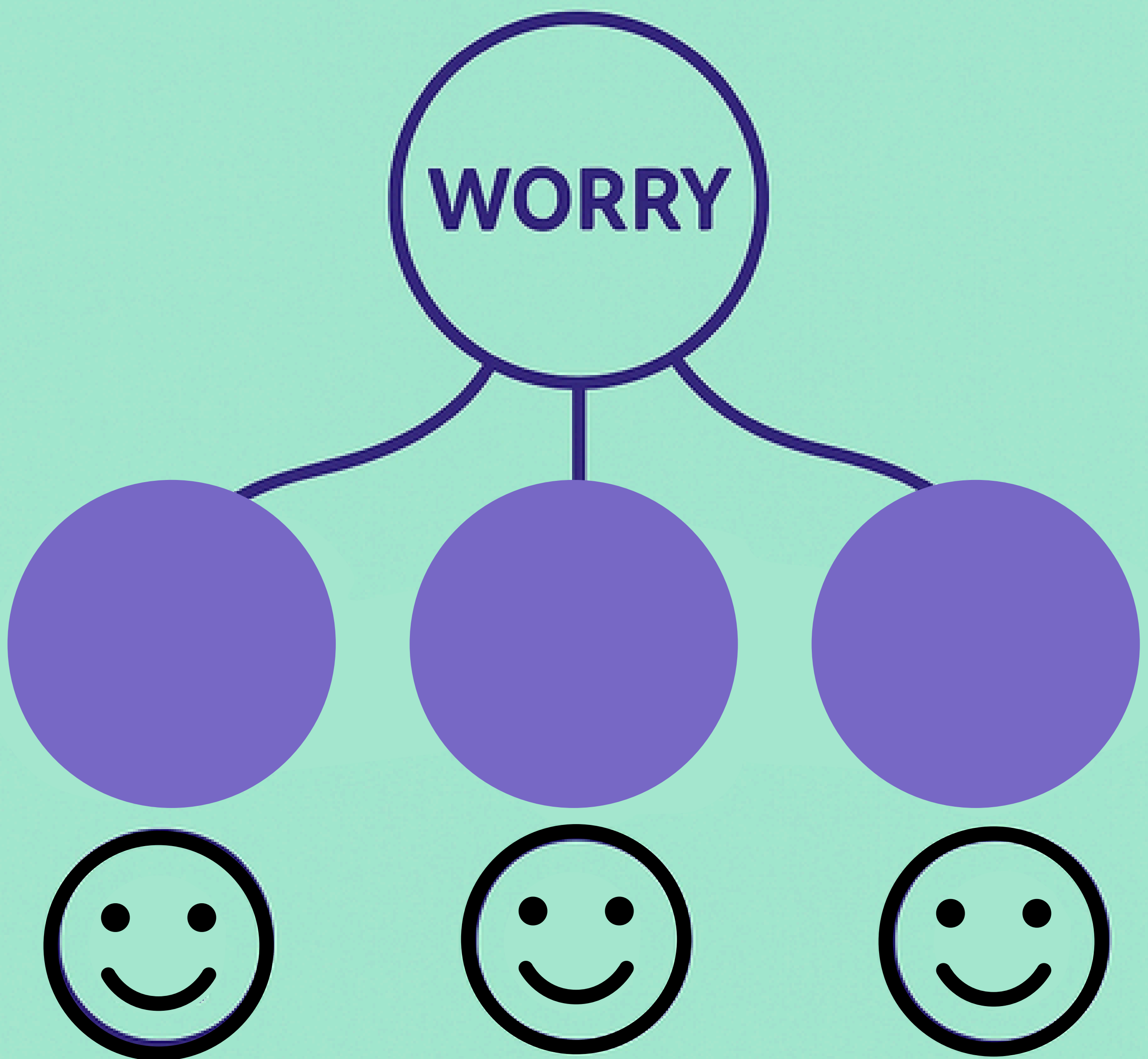


Add your show title and artwork!



Activity 2

CREATE A 'WORRY-TO-WELLBEING' MAP



**Write down 3 steps that will help move you from
worry towards wellbeing.**

My Shield - My Strength

Strength	Healing
Values	Culture
Family	Your Choice

Draw, type, or upload images to decorate shield.

Questions:

What part of your shield feels strongest today and why?

Is there anything missing you'd like to grow or build?

Who would be proud to see this shield and why?

CREATE 4 DIFFERENT ARTISTIC EXPRESSIONS!

You will create 4 different pieces.

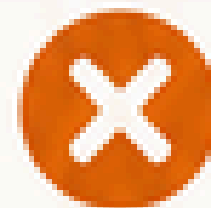
Each one must be a different type of artistic expression.



IMPORTANT:

You must create **ONE** of each:

- ✓ 1 Music piece
- ✓ 1 Dance piece
- ✓ 1 Art piece
- ✓ 1 Drama piece



This means:

- ✗ Not 2, 3 or 4 of the same type.
- ✗ Not just music, or just art, or just dance, or just drama.
- ✗ You need **1 of each** to complete your set!

THE 4 EXPRESSIONS YOU WILL CREATE:

1

MUSIC PIECE



Create a piece of music that shares your ideas, feelings or story.

Your piece:



2

DANCE PIECE



Create a dance that expresses your message, theme or culture.

Your piece:



3

ART PIECE



Create an artwork that shows your ideas, story or inspiration.

Your piece:



4

DRAMA PIECE



Create a drama piece that tells your story or shares a message.

Your piece:



BE CREATIVE. EXPLORE ALL 4 EXPRESSIONS.

SHARE YOUR VOICE IN DIFFERENT WAYS!



Each piece is a new way to express who you are and what matters to you.

ENJOY THE PROCESS AND HAVE FUN!



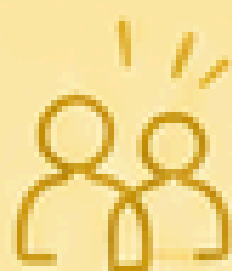
WONDER WALL



Good investigators ask good questions. Use this page to think of questions you would like answered during your investigation. You might answer them by researching, interviewing people or visiting places.



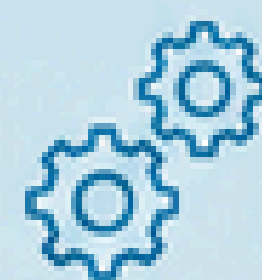
I wonder who...



I wonder why...



I wonder how...



I wonder when...



I wonder where...

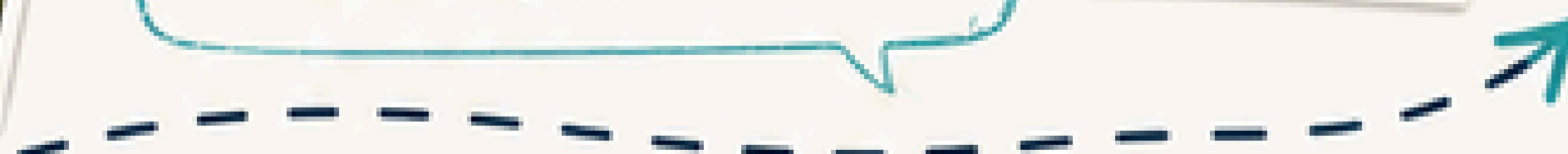
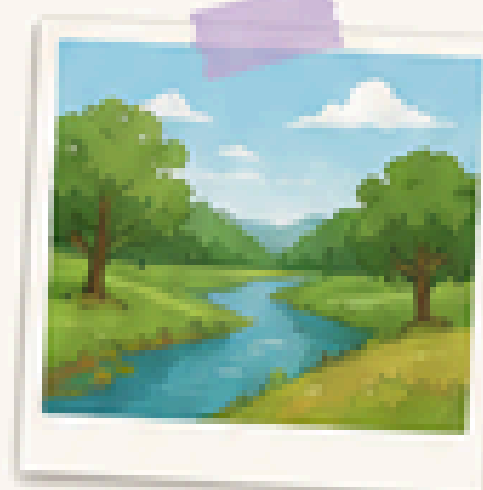


I wonder what...



Tip!

There are no wrong questions!
The more questions you ask,
the more you will discover.





CREATE YOUR AUSTRALIA EXPLORER POSTER!



You are now an Australia Explorer!

Use everything you have discovered to create one amazing poster that shows what you have learned.



WHAT TO INCLUDE

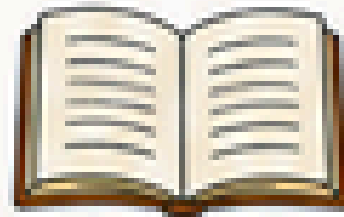
Use ideas, pictures, drawings, maps, words and anything creative you like!



AUSTRALIA GEOGRAPHY

Your map with states, territories, natural, managed and constructed features.

AUSTRALIA'S STORY



What did you learn about Australia's history? Include important events, people and places.

FIRST NATIONS AUSTRALIA



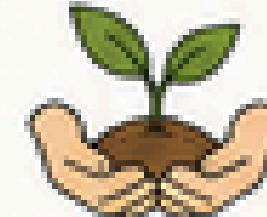
What did you learn about First Nations Australians, their Countries/Places and ways of living?

OUR NEIGHBOUR COUNTRY



What interesting things did you discover about your chosen neighbouring country?

REGENERATIVE AUSTRALIA



What regenerative project did you explore? How is it helping people, animals and our environment?

FUN FACTS & PHOTOS



Add any fun facts, photos, drawings, quotes or special things you want to share!

TIPS TO HELP YOU!

- ✓ Use big headings and bright colours.
- ✓ Cut out pictures from magazines or print them.
- ✓ Draw your own pictures and maps.
- ✓ Add symbols, timelines or labels.
- ✓ Be creative and have fun!



YOU CAN USE:



Coloured pencils, markers, crayons



Magazines, photos, printed images



Glue, tape, stickers, washi tape



Canva, PowerPoint or digital tools

PRESENT & SHARE!

When your poster is complete, present it to your group, family or class. Tell them about your discoveries and what you enjoyed learning most!



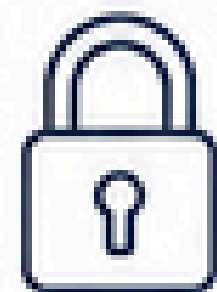
Take a photo of your poster when it's finished!



You are an Australia Explorer!
Great job!



WOULD YOU SHARE IT?



ACTIVITY:

Read each situation below. Decide whether the information should be **SHARED** or **NOT SHARED**. Tick (✓) your answer in the box that best fits each situation.

Remember: Information should only be shared when the person has given permission, it is required by law, or there is a serious risk of harm.

SCENARIO	SHARE	DO NOT SHARE
1. A friend asks you about a client's medical condition after seeing them at the shops.		
2. A supervisor asks for information to support a client's care plan.		
3. A client tells you they are worried about their neighbour and asks you for advice.		
4. A family member asks for information about a client's support plan.		
5. A colleague asks what support a client receives.		
6. A client tells you they are experiencing abuse and asks you not to tell anyone.		
7. A government agency requests information that is required by law.		
8. Another client asks you personal details about someone else who uses the service.		



REFLECTION:

- Why is it important to keep information private?
- What could happen if information is shared without permission?
- How does protecting privacy build trust and support the wellbeing of clients?



ANSWER KEY (for reference)

- | | |
|-----------------|---|
| 1. DO NOT SHARE | 5. SHARE (only if you have a professional reason to know) |
| 2. SHARE | 6. SHARE (mandatory reporting required) |
| 3. DO NOT SHARE | 7. SHARE |
| 4. DO NOT SHARE | 8. DO NOT SHARE |



REMEMBER:

- Only share information when:
- The person gives permission
 - It is required by law
 - There is a serious risk of harm to someone

WEEK 2

ACTIVITY: PRESSURE METER

Different situations can create different levels of emotional pressure. The more pressure we feel, the harder it can be to stay calm.

HOW IT WORKS:

- 1 Read each situation.
- 2 Think about how much pressure it might create for you.
- 3 Sort it into Low (●), Medium (●) or High (●) pressure.
- 4 Think about what could help you stay calm in that situation.



Everyone's pressure meter is different. What is high pressure for one person might be low for someone else. That's okay!

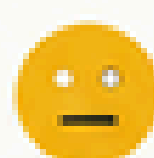


SORT THE SITUATIONS



LOW PRESSURE

I can handle this pretty easily.



MEDIUM PRESSURE

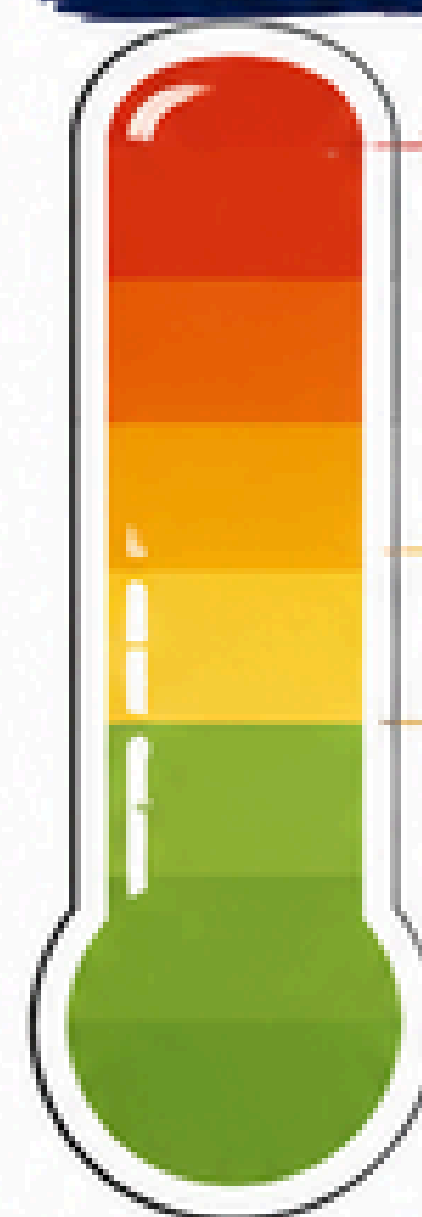
It's starting to feel a bit uncomfortable.



HIGH PRESSURE

This feels really overwhelming.

MY PRESSURE METER



HIGH PRESSURE

- Hard to think clearly
- Big emotions
- Hard to stay calm

MEDIUM PRESSURE

- Feeling stressed
- Getting frustrated
- Need to use strategies

LOW PRESSURE

- Feeling okay
- Can handle it
- In control

SITUATION CARDS – Cut or tear and sort above

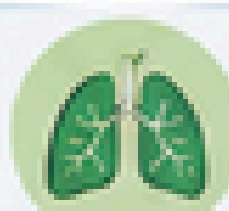
Waiting a long time	Loud noisy place	Losing a game	Being ignored	Having to speak in front of people
Too much homework	Someone yelling at me	Change of plans	Getting bad news	
Being in a crowded place	Feeling rushed	Not doing well in something	Being put on the spot	Too many things happening at once

REFLECTION

- ➔ What situations went into the high pressure column?
- ➔ How does your body feel when pressure gets high?
- ➔ What are some early signs that your pressure is building up?

WHAT CAN HELP?

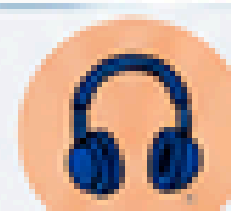
List or draw strategies that help you when pressure starts to build.



Breathing exercises



Movement or exercise



Listening to music



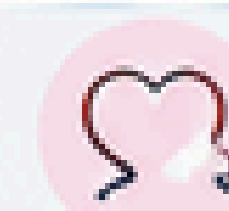
Get a drink of water



Talk to someone trusted



Take a break / quiet time



Positive self-talk / reminders

REMEMBER:



You can't always stop the pressure, but you can notice it early and choose healthy ways to respond.

Notice. Pause. Choose. Stay in control.



AI PROMPT BATTLE!



YOUR MISSION

Create characters using different prompts, pitch them, and battle them to see who's the best!



ChatGPT

Create a warrior with ice powers...

CREATE. PITCH. BATTLE. WIN!

Use ChatGPT to create amazing characters and pitch them against each other. Who comes out on top?



1. THINK OF A CHARACTER

Choose or make up your character idea.

Examples: a ninja, a space pirate, a dragon rider, a time traveller.



2. WRITE YOUR PROMPT

Write a creative prompt in ChatGPT to bring your character to life!



3. CREATE & SAVE

Generate your character, save the image, and give your character a cool name!



4. PITCH IT!

Pitch your character to the class—why should they be the winner?



PART 1: 1-ON-1 BATTLES

5 epic face-offs! Create your characters and battle it out. Who comes out on top?

BATTLE RULES

- Each battle is 1-on-1.
- Pitch your character (name, powers, strengths, weaknesses).
- Class votes for the winner!
- Winner gets 1 point.
- Most points at the end wins!

BATTLE 1:



Character Name: _____

Created by: _____



Character Name: _____

Created by: _____

WINNER: _____

BATTLE 2:



Character Name: _____

Created by: _____



Character Name: _____

Created by: _____

WINNER: _____

BATTLE 3:



Character Name: _____

Created by: _____



Character Name: _____

Created by: _____

WINNER: _____

BATTLE 4:



Character Name: _____

Created by: _____



Character Name: _____

Created by: _____

WINNER: _____

BATTLE 5:



Character Name: _____

Created by: _____



Character Name: _____

Created by: _____

WINNER: _____



PART 2: TEAM BATTLES

Work in teams to create the ultimate characters and battle it out!

TEAM BATTLE RULES

- 2 teams go head-to-head.
- Each team creates 3 characters.
- Pitch as a team!
- Class votes for the winning team.
- Winning team gets 2 points. (More points = bigger victory!)

GROUP BATTLE 1:

TEAM A

Team Name: _____

1

2

3



TEAM B

Team Name: _____

1

2

3

WINNER: _____

GROUP BATTLE 2:

TEAM C

Team Name: _____

1

2

3



TEAM D

Team Name: _____

1

2

3

WINNER: _____

GROUP BATTLE 3:

TEAM E

Team Name: _____

1

2

3



TEAM F

Team Name: _____

1

2

3

WINNER: _____



SCOREBOARD

Keep track of the points!

1-ON-1 BATTLES
(1 point each)

TEAM BATTLES
(2 points each)

TOTAL POINTS =



FINAL VICTORY!

Which team or person is the ultimate AI Prompt Champion?

CHAMPION:



REFLECTION

- Which character was the strongest? Why?

- Which prompt created the coolest result? Why?

- What did you learn about writing good prompts?



DON'T FORGET!

Save all your characters in your workspace for your portfolio!



BE CREATIVE. BE BOLD. BE THE CHAMPION!





Reflect on Your Value



Why are you valuable?



Why is it important to value yourself?







MOVEMENT INVESTIGATION LOGBOOK



Test different activities, compare how they work for you, and discover what helps you reach your health and wellbeing goal.

HOW TO USE THIS PAGE:

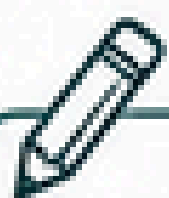
- ✓ Try a variety of activities in different environments (indoors and outdoors).
- ✓ Adapt or modify activities to suit yourself or others.
- ✓ Compare each activity and decide if it supports your goal.
- ✓ Add more rows if you need more space.



EXAMPLES OF ACTIVITIES:

- Walking
- Dance
- Swimming
- Bike riding
- Gym / Weights
- Yoga
- Team sports
- Playground games

ACTIVITY	INDOOR / OUTDOOR	SKILLS USED	ADAPTATION OR MODIFICATION	HOW DID IT SUPPORT MY GOAL?	WOULD I USE IT AGAIN? WHY?



NOTES & OBSERVATIONS



Continue adding to your Movement Logbook over the next few sessions. Compare different activities, environments and movement ideas before deciding what works best for you.

Keep
exploring!



MY SAFETY IMPROVEMENT PROPOSAL

Creating safer spaces and healthier technology habits for everyone.



Dear _____,

I would like to share some ideas to help improve safety and wellbeing for:



The Problem I Noticed



Why This Problem Is Important



My Safety Strategies & Ideas



How These Ideas Could Help People



Safe People, Safe Places & Help-Seeking



Healthy Technology & Digital Safety Ideas



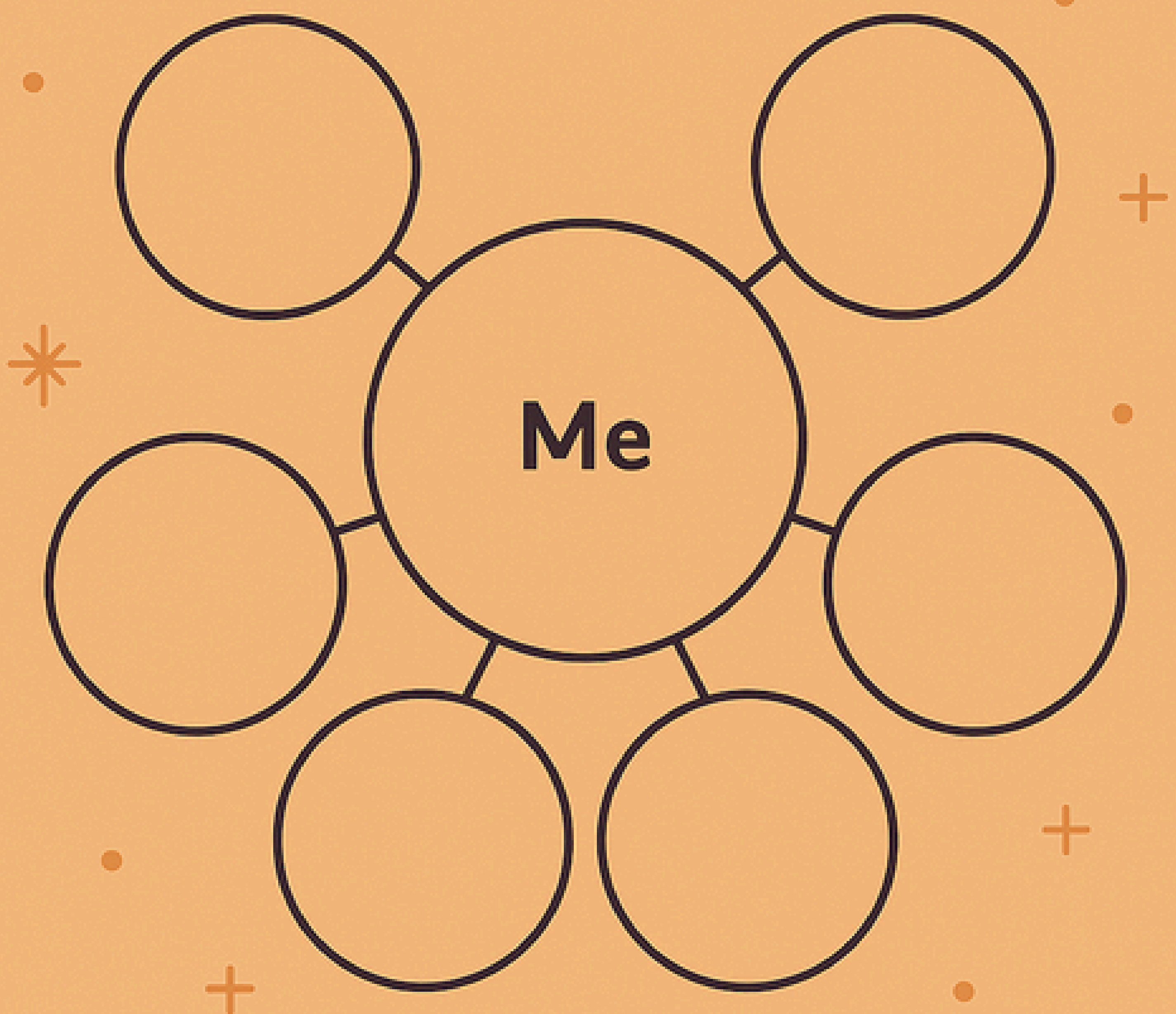
Final Message

Kind Regards,



Thank you for considering my ideas to make a difference.

**Think about the people
in your life. Put their
names in the circles
below to show your
connections.**



How often do you see them?



MY COMMUNITY IS GROWING



Communities change and grow over time. New places, buildings, businesses and cultures appear and make our community even better!



Find 5 new or changed things in your community. Visit them if you can, take a photo or learn about them. Then write one good thing about each new thing.



1. FIND IT

Look for something new or changed in your community.



2. VISIT IT

Visit the place or learn about it.



3. SEE IT

Take a photo or draw what you see.



4. WRITE IT

Write one good thing about it.

1 WHAT IS IT?



PHOTO OR DRAWING

ONE GOOD THING ABOUT IT



2 WHAT IS IT?



PHOTO OR DRAWING

ONE GOOD THING ABOUT IT



3 WHAT IS IT?



PHOTO OR DRAWING

ONE GOOD THING ABOUT IT



4 WHAT IS IT?



PHOTO OR DRAWING

ONE GOOD THING ABOUT IT



5 WHAT IS IT?

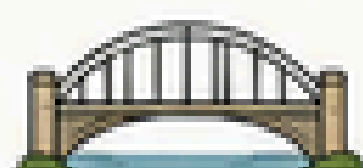


PHOTO OR DRAWING

ONE GOOD THING ABOUT IT



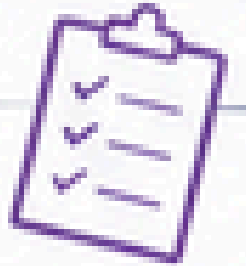
REFLECT

How do these new or changed things make your community a better place to live, work and play?



MY ACHIEVEMENT MOMENT

We all have moments we are proud of. Big or small, these moments shape who we are and help us grow into who we want to be.



MY ACHIEVEMENT

(write / add picture)



WHAT HAPPENED?

HOW DID I FEEL?

(check boxes / emotion scale)



☐ Excited



☐ Happy



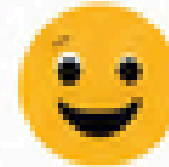
☐ Proud



☐ Relieved



☐ Surprised



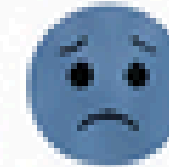
☐ Grateful



☐ Nervous



☐ Calm



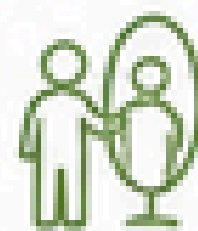
☐ Disappointed



☐ Frustrated

Other: _____

WHAT DID I LEARN ABOUT MYSELF?



WHAT QUALITY HELPED ME?

Tick the qualities that helped you achieve this.



Determination



Teamwork



Bravery



Confidence



Patience



Resilience

Other: _____

THIS ACHIEVEMENT SHOWS WHO I AM BECAUSE...



Every achievement, big or small, helps shape your story.
Be proud. Keep growing. You've got this!

