

LEARNING GUIDE

REHABILITATION AND INJURY

FINDING OUT

Can you think of three ways you keep your body fit and healthy?

Staying healthy in your mind is also important. A healthy mind helps us feel good about ourselves, grow in confidence, keep a positive mood and develop good relationships with others.

Talk to an adult you trust about things you can do to keep your mind healthy. Here are some ideas:

- Limit screen time and choose a calming hobby
- Talk often to a trusted adult about your feelings and your worries
- Learn some breathing exercises to help you focus and relax
- Keep a regular bed time

SORTING OUT

Can you think of a time in your life that you have been injured? Were you hurt in your body or in your mind? How did you feel? Who helped you? How did you recover from your injury?

This animation (rsleducation.com.au/Themes/Health-and-Wellbeing/years-3----6/Rehabilitation-and-Injury) tells three different stories about people who have injuries. While you view, think about the kinds of injuries these people suffer. Listen for the steps that are taken to help them recover.

Can you make a connection between any of these stories and someone you know who has been injured? Think about that person and what steps they took to recover from injury. Who supported their recovery? How did they recover?

RSL supports veterans who have experienced many types of injuries from their defence service. RSL Sub Branches provide support in many ways, such as offering advice and friendship, hospital and doctor visits, short-term accommodation and help with transport or jobs around the home.

Many partner groups help RSL support injured veterans and their families. Ask an adult to help you visit one or more of these websites to find out how these organisations support veterans:

- At Ease - at-ease.dva.gov.au

Related content:

- Animation rsleducation.com.au/Themes/Health-and-Wellbeing/years-3----6/Rehabilitation-and-Injury
- Student activity rsleducation.com.au/Themes/Health-and-Wellbeing/years-3----6/Rehabilitation-and-Injury



- Legacy - legacy.com.au
- Mates 4 Mates - mates4mates.org/who-we-are
- Soldier On - soldieron.org.au/how-we-help
- Whiskey's Wish - whiskeyswish.org.au/home.html
- Young Diggers - youngdiggers.com.au

There are also many organisations that help children develop a healthy mind. With help from a trusted adult, you may like to investigate one or more of these:

- Kids Helpline - kidshelpline.com.au/kids
- Youth Beyond Blue - youthbeyondblue.com
- Headspace - headspace.com/meditation/kids

TAKING ACTION

After viewing the animation, you may like to respond using one or more of these ideas:

Choose one story of injury from the animation, or from your own life. Draw a cartoon in three frames (download template from rsleducation.com.au/Themes/Health-and-Wellbeing/years-3---6/Rehabilitation-and-Injury) that shows the person with their injury and the steps they took towards recovery. You may prefer to create a photo story, with some help from your friends and family. Tell the story in a series of photos (no more than five). Show how others can help support a person recover from injury to their body or mind.

Learning to feel good about yourself is part of keeping a healthy mind. How many things can you think of that make you feel positive and happy? Set a timer for three minutes and see how many ideas you can list. If you run out of ideas, take a look at these lists:

- Partners of Veterans Association: pva.org.au/health/how-to-be-happy-in-life
- Health Direct: healthdirect.gov.au/tips-for-good-mental-health

No one feels happy all the time. Everyone faces sadness, difficulty or failure at sometimes in their life. Having a healthy mind helps us find positive ways to deal with challenges and unhelpful or negative feelings. Some strategies include: positive self-talk, talking with trusted friends and family members, being persistent, relaxation or physical exercise. Think about what helps you stay positive.

What advice would you give others to help them develop a healthy mind? Create a 'happy, healthy mind' poster to advertise your helpful ideas. Your teacher may like to publish your poster in the newsletter or make copies to display around the school.

