



# Open Your World.sa.gov.au

It takes one small step to find the tools and resources you need to improve your wellbeing and stay health, active and connected.

## You can help your family cope by focusing on key areas of wellbeing.

1. Connecting with family: try **switching off** the TV and **talk**, do a craft, read a book or play a game with the family.
2. Be **physically active**: physical activity is important for general wellbeing and is great at boosting our mood, as well as for preventing disease. **Read** some of our tips or watch our [physical activity](#) videos you can follow along at home.
3. **Spending** time in nature, or 'green space', is a great way to [reduce stress levels in your family](#).

[Eating well](#) is important as it:

- provides essential nutrients and energy to get through the day
- keeps your immune system strong for fighting infections
- helps promote better sleep
- improves concentration
- can reduce stress and helps to maintain mental health and wellbeing



1. Maintaining your usual routine as much as possible helps children feel secure, and [ensuring a good sleep routine is an important part of this](#). Sleeping well makes us feel better, more alert, energetic, and better able to concentrate and perform our daily tasks. Getting enough sleep each day is one of the most important things we can do for our health and wellbeing.
2. **Learn new skills**: for children, keeping them engaged in a range of interesting active ties that extend their development is critical to wellbeing. [There is a range of activities for children](#) including arts and crafts, ways to extend **Scientific** thinking, and also fun active ties to pass the time.
3. [Mindfulness](#): **paying attention** to the present moment can improve mental wellbeing.
4. **Shared reading** experiences with your children encourages greater opportunities for bonding and connection. Find a wealth of children's fiction and non-fiction print books, eBooks and audiobooks from [Libraries SA](#).



## The Great Wave

Is a woodblock print made by Japanese artist Hokusai.

The art work was printed somewhere between 1830 and 1833 which was during the Edo period.

It is the first print in the series. Thirty-six views of Mount Fuji.

It shows a giant wave threatening boats near the Japanese prefecture of Kanagawa.

