



THE RIOT

4TH EDITION

WE ACKNOWLEDGE THE TRADITIONAL CUSTODIANS OF THE LAND AND SEAS, AND PAY RESPECT TO ELDERS, PAST, PRESENT AND EMERGING.

WE ACKNOWLEDGE THOSE WITH A LIVED EXPERIENCE AND THEIR SIGNIFICANT OTHERS WHO WALK THIS JOURNEY WITH THEM.

MENTAL HEALTH MONTH

THE THEME FOR MENTAL HEALTH MONTH 2023 IS “WE ALL HAVE A ROLE TO PLAY.” OUR RIOT TEAM CREATED A LOVELY VIDEO TO HELP PROMOTE MENTAL HEALTH AWARENESS AND TALK ABOUT WAYS THEY LIKE TO KEEP MENTALLY HEALTHY AND HOW THEY CAN HELP OTHERS THIS MENTAL HEALTH MONTH.

SCAN THE QR CODE TO VIEW IT HERE:



LUNA'S HONEY DROPS RECIPE



FROM WINGS OF FIRE

INGREDIENTS

5 PARTS SUGAR

4 PARTS WATER

2 PARTS LEMON JUICE

3 PARTS HONEY

A PINCH OF CRUSHED GINGER ROOT (OPTIONAL)



BY CHLOE

METHOD

1. MIX TOGETHER SUGAR, LEMON JUICE, HONEY, AND GINGER (OPTIONAL) OVER STOVE, STIRRING CONSTANTLY UNTIL MIXTURE STARTS TO BUBBLE SLOWLY.
2. LIFT MIXTURE AWAY FROM STOVE SO IT COOLS A LITTLE AND STIR IN HONEY (CAREFUL: HONEY BURNS EASILY!)
3. HEAT MIXTURE UNTIL A SPOONFUL DROPPED INTO COLD WATER CREATES THREADS THAT CRACK WHEN YOU TRY TO BEND THEM.
4. POUR MIXTURE INTO TEARDROP-SHAPED MOULDS OR TINY SHELLS, IF YOU DON'T HAVE MOULDS, AND LET IT HARDEN.
5. ENJOY! (AND SAVE SOME FOR LUNA, IF YOU GET IT RIGHT)

JOKE

HOW DO YOU MAKE AN ALIEN GO TO SLEEP?
YOU ROCKET!

WHAT DO YOU CALL A FLY WITH NO WINGS?
A WALK!

JOKE

MEET OUR TEAM



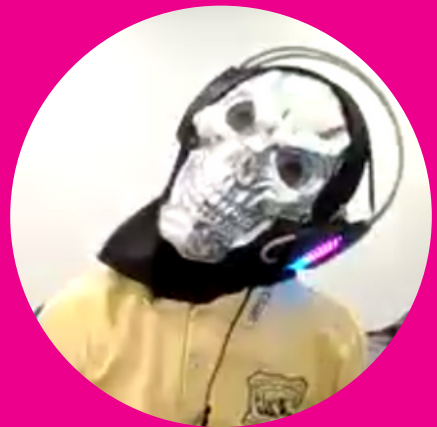
LAINY



CHLOE



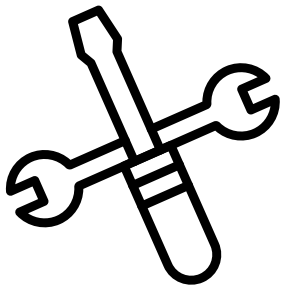
ALEIYA



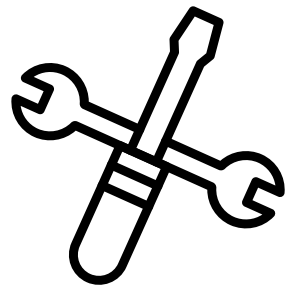
WILL



TELIA



OUR TOOLKIT



Here are some of the tools that best support us when we've got some big feelings happening. Maybe see if they help you?

Be active, play some sports and hang out with people in your team. We suggest; Swimming, Netball and Soccer

Stay connected with friends through different apps like Kids Messenger.

Listen to Music; One of our Rioters suggested some Billie Eilish.

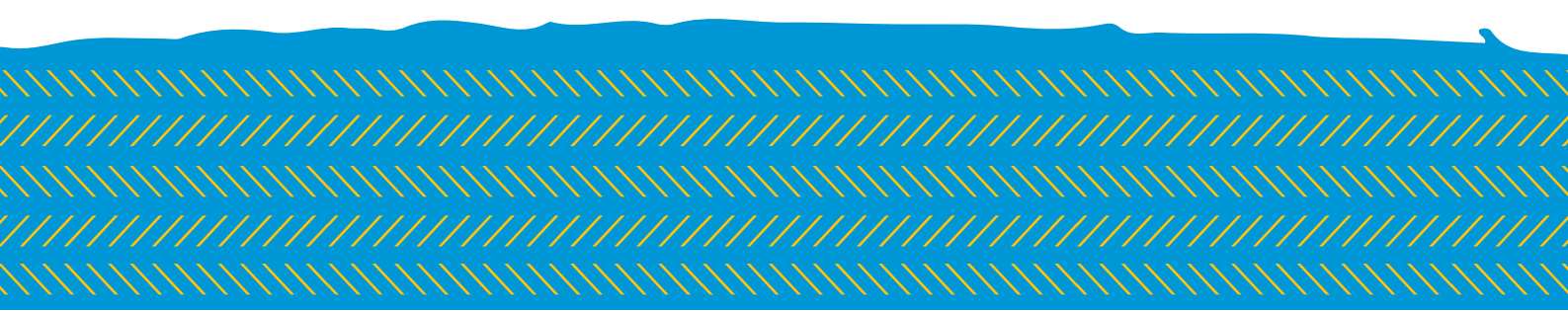
Play video games on the computer, playstation, xbox or board games!

Do some arts and crafts to get creative and express yourself.

Play with sensory toys in a quiet space.

Talk with people you trust. We suggest;

- Friends
- Parent
- Aunts and Uncles
- Coach
- Teachers
- Grandparents
- Counsellors
- Other community members.





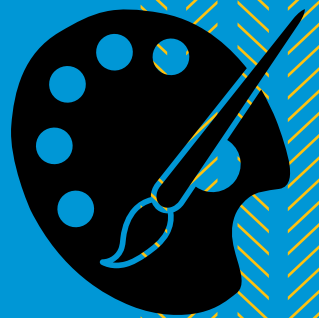
BE ACTIVE

STAY CONNECTED



LISTEN TO MUSIC

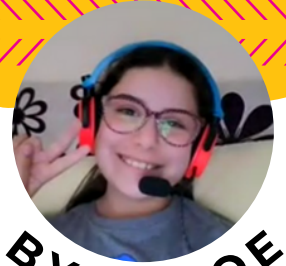
ARTS & CRAFTS



SENSORY TOYS

TALK TO SOMEONE





BY CHLOE



HAPPY HALLOWEEN

H AUNTED

A BANDONED HOUSE

L URK

L OST

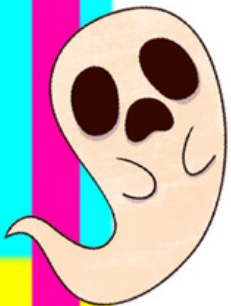
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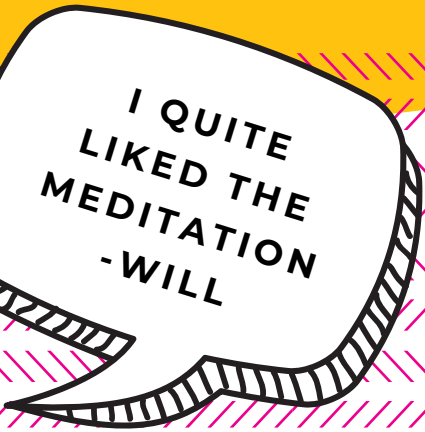
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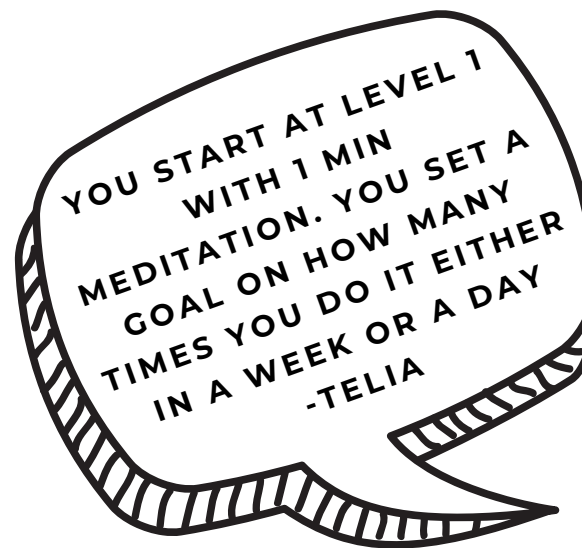
SMILING MIND APP



PURPOSE: TO HELP REDUCE FEELINGS OF STRESS & IMPROVE WELLBEING
SUITABLE FOR: CHILDREN, YOUNG PEOPLE AND ADULTS

COST: FREE

MORE INFORMATION:
SMILINGMIND.COM.AU

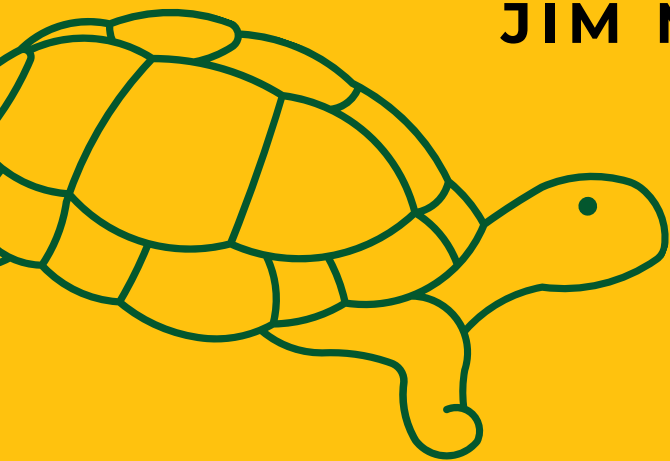


There are a variety of online meditations as your skills develop you progress with more advanced meditations.



JIM MY TURTLE

JIM MY TURTLE LIKES TO SQUIRTLE.
HE IS GREEN, THE BEST ON THE TEAM.
HE LIKES WORMS AND EATS GERMS.
JIM MY TURTLE.



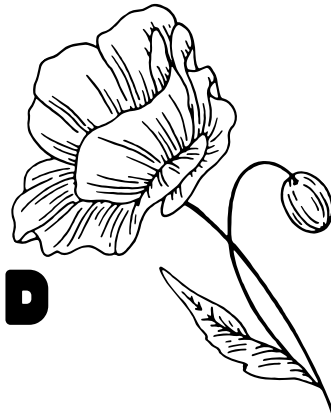
BY TELIA

JOKE

KNOCK KNOCK,
WHOSE THERE?
BROCCOLINI,
BROCCOLINI WHO?

BROCCOLINI DOESN'T HAVE A LAST NAME SILLY LOL

WE WILL REMEMBER THEM



P

PEACE FOR THE WORLD

O

ODE TO THOSE WE LOST

P

PAUSE TO REMEMBER

P

PROUD TO SERVE OUR COUNTRY

Y

YEARS OF DEDICATION



REMEMBRANCE DAY NOVEMBER 11TH

WORLD KINDNESS DAY

On November 13th it was World Kindness Day. It is a global day that promotes the importance of being kind to each other, to yourself, and to the world.

WHAT DOES KINDNESS LOOK LIKE TO OUR RIOTERS?

Being friendly to others
Being patient with others
Being nice to others
Having a shoulder to lean on
Helping someone that needs it!
Listening to others

SOME WORDS OF KINDNESS FROM OUR RIOTERS

Always know you have someone to talk to
You are cared about
You have new friends waiting to meet you
You are a worthwhile person
Smile :)





pick a bunch of flowers for someone

draw a picture for someone

listen to people and show that you understand them

make someone something

give a small gift

cook for someone

RANDOM ACTS OF KINDNESS

make someone comfort food

comfort someone with hugs or talking

make someone comfort food



CHOCOLATE SELF SAUCING PUDDING RECIPE

INGREDIENTS

1 CUP SR FLOUR

3/4 CUP SUGAR

2 TBS COCOA

2 TBS MELTED BUTTER

1 1/2 CUP MILK

1 1/2 CUP COCONUT OPTIONAL

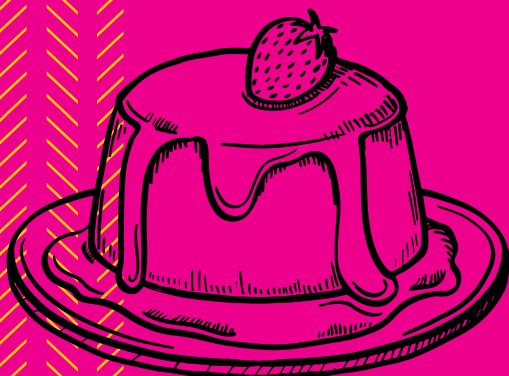
METHOD

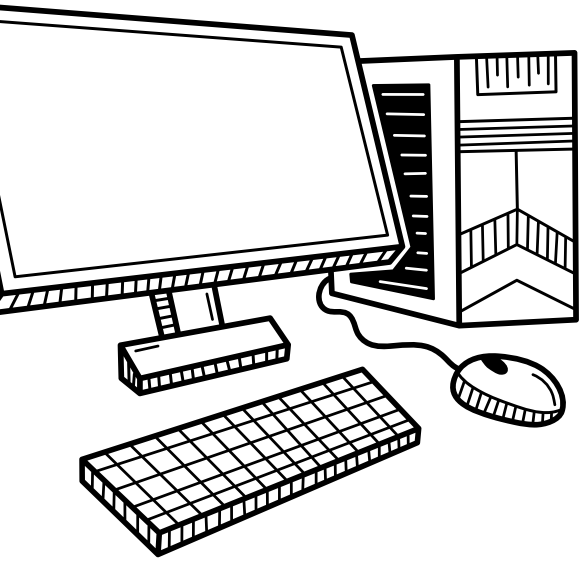
1. SIFT FLOUR AND COCOA

2. ADD SUGAR AND THEN MIX

3. THEN ADD MELTED BUTTER,
MILK AND SUGAR THEN MIX

4. BAKE IN OVEN FOR 50-
60MINS





WILL'S TOP 5 PC GAMES



1 TABS

2 HYDRONEER

3 BRAWLHALLA

4 THE PLANET CRAFTER

5 TRAILMAKERS



BY WILL

NUTELLA PASTRY CHRISTMAS TREE RECIPE

1. PUT PASTRY ON A BAKING TRAY
2. THEN PUT NUTELLA ON PASTRY
3. PUT SECOND PASTRY ON TOP OF THE OTHER PIECE
4. PUT IN THE OVEN UNTIL ALMOST GOLDEN BROWN
5. TAKE OUT OF THE OVEN AND CUT INTO CHRISTMAS TREE SHAPES
6. ONCE COOKED PUT ICING SUGAR ON TOP AFTER PASTRY HAS COOLED THEN EAT



WHAT KIND OF BOW CAN YOU NOT TIE?
A RAINBOW!



BY LAINY

FIND A WORD

Kindness

I	O	I	E	P	S	N	H	O	L	L	M	F	E
J	I	P	R	I	T	O	G	I	P	N	N	I	M
R	I	D	C	H	I	I	N	E	N	O	O	M	P
E	D	S	P	S	M	S	I	M	J	T	H	M	L
C	Y	Y	D	D	C	S	K	P	A	I	A	N	O
E	I	P	M	N	O	A	O	A	I	E	P	H	H
L	P	F	L	E	E	P	O	T	C	S	P	P	O
I	M	A	I	I	P	M	C	H	I	S	I	N	S
M	I	M	E	R	D	O	I	Y	S	N	N	I	L
S	E	I	I	F	Y	C	G	P	H	I	E	H	O
A	S	L	A	O	I	C	I	E	P	P	S	E	P
R	O	Y	J	P	K	I	N	D	A	E	S	L	L
K	P	M	P	O	N	I	S	I	D	T	P	P	I
I	I	C	A	R	I	N	G	N	L	S	P	Y	L

JOY
HAPPINESS
SMILE
COMPASSION
FRIENDSHIP
PETS
FAMILY
KIND
CARING
HELP
COOKING
EMPATHY

OUR PARTNERS



Australian Government

Department of Defence



Australian Government

Department of Veterans' Affairs



storage
king

Grosvenor™

N A O S
ASSET MANAGEMENT



Queensland
Government

Big Sister
FOUNDATION
... a helping hand

Australian

Kookaburra Kids
Foundation