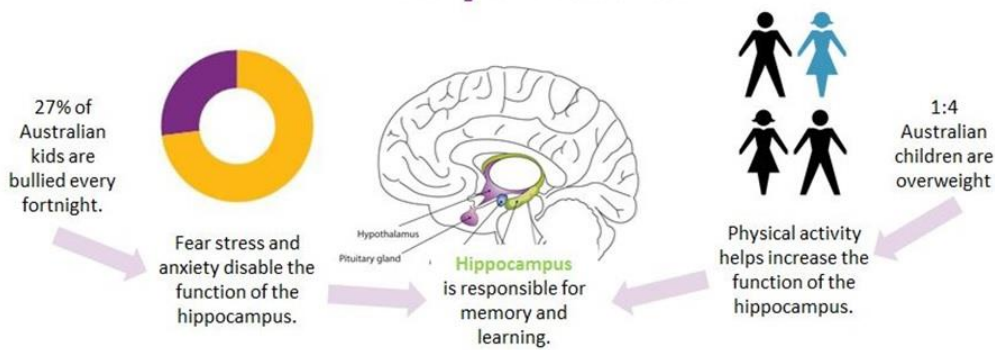


Unable to view this message? [Click here to view it online.](#)



## The importance of physical activity

### Did you know?



The Bluearth Foundation is committed to the development of communities and individuals through participation in physical activity. Their approach is fun, energetic and inclusive and encourages the development of teamwork, skills and self-control.

They have compiled some of the latest research relevant for teachers on the importance of physical activity. You can read about the financial cost of inactivity, the social, emotional and mental health benefits of increased activity and the risks associated with inactivity on their [website](#).

## Better Buddies and Bluearth activities at University Park Primary School



In 2015, University Park Primary School received special funding to combine Better Buddies with Bluearth in their school.

Each Friday, older buddies participate in a wide range of physical activities, guided by their Bluearth coach. They then use the skills and knowledge they've gained to teach the youngest students in the school new games and ways to stay physically active. [Read more.](#)

---

## Better Buddies Games activity ideas



### Animal Yoga

[Animal yoga](#) is a great activity for kids and one that buddies can do together. Yoga for kids has many benefits, including:

- It refines balance and coordination
- It develops focus and concentration
- It boosts self-esteem and confidence
- It strengthens the mind-body connection.



### Online Games

Don't forget that buddies play games online, as well as offline, and it is important for them to learn how to stay safe while playing games on the internet. [The eSmart Digital Licence](#) is a fun online resource to teach students (aged ten and over) to be smart, safe and responsible online. In 2015, The Alannah and Madeline Foundation, in partnership with Google, will provide free access to the eSmart Digital Licence program to all Grade 6 children in Australia.

**Activity idea:** When older buddies complete their eSmart Digital Licence, they can then share their newly certified online skills with their younger

buddies while playing games on the Better Buddies website.



### Anzac Day Games

Explore the 100th anniversary of the ANZACs landing in Gallipoli by investigating and playing some of the games the soldiers played in the trenches. These are a good prompt for discussing why playing games and sports are good for us. You could even take away the gambling aspect of games like 'Two Up' and, instead, use them to talk about math and probability instead. You can find ideas on how to play Two Up for kids, with links to the National Curriculum, [here](#).



### Multicultural Games

Games can be a great way to learn about other cultures and the similarities and differences between them. Older buddies could research games from different countries and times around the world, including [traditional Indigenous games](#), and recreate them with their younger buddies.



### 40 Card Games for Kids

Better Buddies Games don't always have to be played outside. Card games can be played by older and younger buddies and can be a great teaching and learning tool, in addition to being fun and social. Click here for '[40 Card Games for Kids](#)'.



### Looking for more ideas?

Make sure you take a look at [our new Pinterest account](#) which is full of additional resources for Better Buddies, including the next Key Event - Games. If you are unfamiliar with Pinterest take a look at [this short tutorial](#).

Don't forget there are also additional ideas and resources on our website, in the [Teacher login section](#).



### Register now for National Buddy Day

**Registrations are now open** for schools who wish to participate in Buddy Day this year, Friday 12 June.

Launched in 2010 with the support of NAB, Buddy Day involves your school coming together to show support of reducing bullying in Australian primary schools.

[To register for Buddy Day and for heaps of activity ideas visit the National Buddy Day website.](#)



### NAB Challenge Coin Toss

In March this year, five lucky students were given the opportunity to toss the coin at the start of NAB Challenge matches in Melbourne, thanks to our Principal Partner NAB.

The students came from Better Buddies schools from around Victoria, including Geelong, Templestowe, Blackburn, St Albans and Avoca.

Brent, the school captain, and an older buddy from Avoca Primary school, is the first person from their small rural community to ever toss a

coin at an AFL match, [read about his experience here.](#)



## NAB AFL Fantasy Classic Schools Championships

The AFL are looking for the best school student NAB AFL Fantasy Classic player in Australia!

Are you the Nathan Buckley of the schoolyard? The Ross Lyon of the playground? The Alastair Clarkson of the classroom? Can you score better than Trent Cotchin's selected NAB AFL Fantasy Classic Team?

[Register for the schools competition here](#), there are heaps of great prizes up for grabs.



## Strictly Ballroom tickets for Better Buddies

We're excited to announce The Alannah and Madeline Foundation has been selected as one of the charity partners for the Melbourne season of Strictly Ballroom, which runs until August.

As a partner, we have the opportunity to sell up to 40 tickets to any Wednesday evening show, with 100% of the proceeds going towards our Better Buddies Framework. We would like to offer our schools the opportunity to purchase these tickets, at our special charity partner rate of \$55 each. [Click here for more information.](#)



partnering to prevent bullying

## Contact us

The Better Buddies team is available to support schools. You can contact us via email [betterbuddies@amf.org.au](mailto:betterbuddies@amf.org.au) or telephone 1300 341 343.

Follow us on Twitter [@alannahmadeline](https://twitter.com/alannahmadeline)

## Postal address

The Alannah and Madeline Foundation  
PO Box 5192  
South Melbourne VIC 3205

You have received the Better Buddies newsletter. Click [here](#) to unsubscribe or to change your Subscription Preferences.