

Welcome to our first adult activity pack. Each week, we will bundle up a variety of activities and put them together in a pack for you to access easily and help keep isolation boredom at bay. This week our pack is based loosely on the theme of wellness and mindfulness. Our packs will mix things up every week with a number of online options and a few printable ones as well. Keep your mind active working through puzzles, brain games, mindfulness activities, simple recipes, and much more. Enjoy!

## Heritage Puzzle

This puzzle will take you back in time as it has been created from an image in the Geelong Heritage Centre's collection. Click the link below to try this puzzle. Can you guess where this photograph is taken? If not have a look at our link below to see more information about the image.

- [Learn about this image](#)
- [Do the Jigsaw](#)



## Crossword

This Library Lovers crossword is based on Geelong Regional Libraries and the resources we have in our wonderful collection.

- [Do the Crossword](#)

## Brain Game

Move the coloured balls along unblocked paths to build rows of five of the same coloured balls to score.

- [Play the game](#)

## Shine

Shine is a great app for manta meditations to brighten up your morning, midday or afternoon. Shine can help you focus, gain clarity and concentrate on what is important to you. Shine offers free meditations in their app.

- [Download Shine](#)

## MINDFULNESS

### Wellness Tracker

The wellness tracker was created as a printable colouring in exercise. This wellness tracker aims to motivate people who are struggling to relax and practice mindfulness while being at home. It motivates people to become mindful and take moments of reflection to breathe.

- [Download the Wellness tracker](#)



### Adult Colouring

These adult colouring pages are relaxing and can help rest your eyes from screens and increase concentration. Enjoy colouring these pages while playing some music or reflecting on your day. Enjoy finding peace while colouring in these pages.

- [Download the colouring sheet](#)



### Sudoku Books

Keep your mind engaged with a free downloadable sudoku book available from: Krazydad:

- [Download the book](#)



### Wellness Sheets

Try the wellness sheets created by Microsoft Word to achieve your goals. Prioritise self-care and help improve your overall wellness. This sheet can be filled out and saved in Microsoft Word on your device, or it can be printed.

- [Download the Wellness Sheets](#)



## MINDFULNESS

### Rock Painting

Increase your artistic skills while lifting the spirits of those in your neighbourhood. Rock painting is a great way to use your creative skills. Paint a rock and place it in your front window or garden to increase positivity in your neighbourhood.



**ROCK PAINTING**

**PICK A  
ROCK/STONE**



**WASH THE  
ROCK CLEAN**



**GATHER PAINT  
HAIR SPRAY &  
DECORATING  
SUPPLIES**



**PAINT THE  
BACKGROUND  
WHITE**



**PAINT TIME!**



**SPRAY WITH HAIR  
SPRAY LET IT  
DRY THEN  
REPEAT X2**



