

HEALTH & WELLBEING TRAIL

DISCOVER STORIES OF HEALTH, WELLBEING AND ACTIVE COMMUNITIES FROM THE GEELONG REGION

ROWING COMMUNITIES ON THE BARWON RIVER

The **Barwon River** has provided many opportunities for rowing communities to grow. Explore some of their stories and artefacts in the Origins exhibit. *Discuss the following with your peers*.

See, Think, Me, We.

- See: what do you notice when looking at the pictures and artefacts?
- · Think: what thoughts do you have?
- Me: what connections can you make between you and these stories?
- We: how are the stories related to bigger stories about the world and our place in it?

THE GROWTH OF NETBALL AND SOFTBALL

The popularity of women's sports such as Netball and Softball are thanks to the early efforts of individuals such as **Miss Elizabeth Hindell** and groups like the **Girls Unity Club**.
Read about their stories in the community section and the Back Page Banter display. *Discuss the following with your peers.*

- What are some popular sports that you know of, have you ever considered what makes them popular?
- How has the participation changed through the years?
- What sports do you think will be popular
 10, 50 or 100 years in the future and why?

A WAVE OF SURFING CULTURE

The iconic Surf Coast has helped shape the world's surfing culture. Explore some of the surfing stories featured throughout the museum such as **Joe Sweeney**, **Peter Troy** and **Gail Couper**.

What did you learn about the about the Bells Beach trophy?

What other surfing competition is held at Bells Beach?

4 KID YOUNG'S CHAMPIONSHIP BELT

Read **Leo "Kid Young" White's** story in the Community exhibit. Take note of the efforts he made to improve the health and wellbeing of people in his community. Kid Young was presented with his championship belt by the Mayor of Geelong on behalf of its citizens.

Have a closer look at Leo White's championship belt on display, what interesting details can you find?

EXTEND YOUR LEARNING AFTER YOUR VISIT

- Spend some time being active outdoors in your local area. You might go for a walk, play games, or do yoga in the park.
- Have a look at your local sporting clubs and communities to see if there are any groups you might want to join.









