

ISSUE ELEVEN / 2017 / FREE
LIVEWIRE.ORG.AU
LIVEWIRE.ORG.NZ

livewire. zine

**FACE OFF
PHOTO
EXHIBITION**

**GAMES TO
PASS THE
TIME**

**HOW TO...
GET YOUR
FIRST JOB**

Fog by Ruby
Face Off Exhibition
2017

MADE JUST FOR TEENAGERS
ART / MUSIC / CRAFT / COMPETITIONS / STUFF

ISSUE ELEVEN

THE TEAM

CONTRIBUTORS SPECIAL THANKS

LORI_LW GREATER BANK

BART_LW INTERVIEWS

HANNAH_LW EMMA

KIRSTY_LW TIANA

LAUREN_LW TYSON

BRETT_LW ZEVA

CLARE_LW SETH

COVER ART CONTACT

RUBY (CHW) LIVEWIRE.ORG.AU

FACE OFF IMAGES ZINE-LW

PATIENTS AT SCH EMAIL

DESIGN LIVEWIRE.ZINE@

AMY_LW STARLIGHT.ORG.AU

EDITOR INSTAGRAM

LORI_LW @STARLIGHT_LIVEWIRE

CONTENTS

2. I WANT TO: GET MY FIRST JOB

6. FACE OFF: INNOVATIVE PHOTOGRAPHY EXHIBITION

11. WATCHING/READING/LISTENING TO: NEW ENTERTAINMENT

12. EMMA'S STORY: BAKING FOR CHARITY

14. ART THERAPY: THE POWER OF ZEN WITH ZEVA

16. OLIVIA'S RECIPE: MOUTH WATERING PASTRIES

17. PODCAST SPOTLIGHT: MEET THE BEANIES

19. TOP TIPS FOR PUBLIC SPEAKING: TIANA

20. RUBIKS CUBING: THE EIGHTIES ARE BACK

23. COSPLAY: KEEPING IT SIMPLE

25. PIXELS AND BITS: NINTENDO SWITCH SEAL OF APPROVAL

26. GAMES TO PASS THE TIME: ROAD TRIP ESSENTIALS

28. MINDFULNESS: COLOUR IN TO CALM

LIVEWIRE MAGAZINE
IS PROUDLY SUPPORTED BY

Greater
Charitable Foundation

A person is shown from the side, working at a desk. A desk lamp is on, illuminating the workspace. Large, white, distressed-style text is overlaid on the image.

I WANT TO...

GET MY FIRST JOB

BROUGHT TO YOU BY GREATER BANK

No matter what age you are when you heed the call of the workforce, there are a few essentials you'll need. Here's your official shortlist for landing your first gig.

Step 1: What would you like to do?

Before you rush into anything, you need to train your focus on exactly what it is you want from your job. Are you after a part-time job to earn a bit of pocket money for your weekends, or have you finished your education and are looking for full-time work?

Just as importantly, think about what you'd love to do, and concentrate on that. Do you see yourself working at a desk or outdoors? Are you comfortable dealing with members of the public or do you prefer being behind the scenes? What sort of hours are you willing to work? Will you be happy working for someone else or do you want to **start your own business**? Are you willing to travel, or would you rather be close to home?

Answer these questions first to avoid job dissatisfaction down the track.

Step 2: Get your basics sorted.

In order to get any sort of work, there are a couple of non-negotiables which you'll need to arrange.

Firstly, you need to get yourself on the grid with a Tax File Number, and secondly, you'll need a red hot resume to set yourself apart.

Get a Tax File Number.

While it's not compulsory to get a TFN, those without one may have more tax withheld than is necessary, or may not be able to receive certain government benefits. Getting hold of one is a cinch – if you attend an interview at a participating Australia Post outlet, you can apply for a TFN online. Otherwise, you can just fill in a paper application form and provide to the Tax Office with the associated documentation.

Write up a resume.

Your resume should provide potential employers with a well-presented, succinct and accurate picture of why they should add you to their payroll. Tailor your resume to each job you apply for, highlighting your skills and previous experience that would make you a valuable employee. If you're writing your Resume for the first time, consult your Careers advisor or head online to find a template to work from.

Get a bank account.

For most of us, especially those seeking their first casual or part-time job, money will be a key motivator. The idea of a steady income stream is very appealing. In preparation for starting work, you should carefully consider how best to

capitalise on your hard-earned cash. Your first bank account should be suited to your needs.

When you're starting out, you'll be after any helping hand you can get, so look for an everyday account that has no account keeping or transaction fees, plus a savings account that rewards your good savings habits by paying you a high rate of interest.

🗨️ Use online tools and apply.

The best way to expose yourself to the maximum amount of job opportunities has to be by heading online. Using

PATIENCE IS VITAL [...] – IT'S IMPORTANT TO KEEP AN EVEN KEEL AND NOT PUT ALL YOUR EGGS IN ONE BASKET.

job-hunting websites allows you to set up personal profiles, and lets you to hone your search results so that you're shown the most suitable and attractive opportunities for your skillset.

Be sure to regularly check these sites for new job listings, and keep track of which positions you've applied for.

🗨️ Be patient.

Once you begin applying, the waiting game begins. Keep in mind that just because application periods for jobs you're interested in are closed, doesn't mean you will hear from the employer straight away. In some cases, you should be prepared not to hear back at all if you weren't selected for an interview.

Patience is vital at this point – it's important to keep an even keel and not put all your eggs in one basket.

While you're waiting, however, there are some things you can do to prepare for employment, or to improve your chances of consideration:

1. **Sign up for Internet Banking:** this way, when your pay starts rolling in, you can manage your money wherever you are.
2. **Clean up your Social Media Profiles:** Yes, employers will check your Facebook, so consider locking your profiles down using privacy settings, or removing any content that doesn't paint you in the best possible light.
3. **Prepare for your interview:** Practice answering interview questions, and get comfortable talking about yourself and your strengths to strangers. First impressions count! ◀

coming soon...

THE LIVEWIRE WEBSITE HAS THE MOST AMAZING COMMUNITY.

There's no denying it. It's friendly, it's fun; It's full of people who get what you're going through. The vibe is amazing. We're always proud to say that Livewire is the most welcoming and safest space on the interwebs.

But - if we're being honest - it's currently *stuck in a tech time warp*. Videos are impossible to share, the search box has an attitude problem and what site doesn't load on a mobile device?

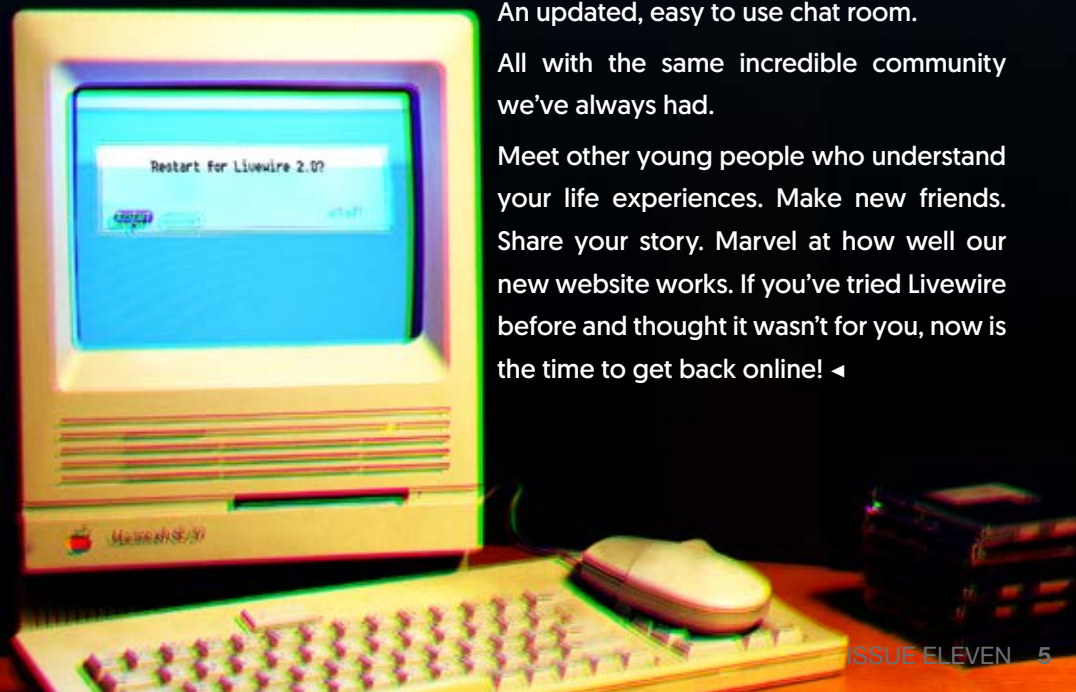
We know this. We get it. And if you've ever logged on to the Livewire website and wished it worked a whole heap smoother, then you're in luck!

Coming **DECEMBER 2017**: the **ALL NEW LIVEWIRE WEBSITE**. Sleeker. Faster. More options for sharing photos, blog posts, and status updates. Bigger, clearer videos.

An updated, easy to use chat room.

All with the same incredible community we've always had.

Meet other young people who understand your life experiences. Make new friends. Share your story. Marvel at how well our new website works. If you've tried Livewire before and thought it wasn't for you, now is the time to get back online! ◀



FACE OFF



BY BART_LW

Other Page: Prankster Emma. This Page: Train Olivia



We had this crazy idea at Randwick, Sydney Children's Hospital, to create a huge photography exhibition this winter. The idea was to teach patients how to use Photoshop in a number of specific ways, to produce large, framed 40x40cm prints to be displayed for three months, before being taken home by the artists.

Face Off uses Photoshop techniques to create images with facial characteristics. Using original images with specific features and aesthetics, such as people, landscapes, cities, trains, nature and skylines, patients were able to create final images that came to life as unique faces, while still containing elements of the original composition. As you can see, the final images have a life and character of their own.



This Page L-R: *Beard Madt* / *Moga Ella* / *Robot - Daft Punk* Benjamin. Other Page L-R: *Cuba Planet* Tammara / *Water Face* Jess.



If you're interested in using Photoshop (*and specifically photo manipulation in this way*) drop by and see us at SCH to get some tips, or join **Livewire.org.au** and look up the instructions in the articles section. ◀

FIND A WORD

P A G E N R E H U M T V
O H N N A T C I E D G X
P V I O L I N T J E R T
F E S T I V A L A E U S
N Q O I S L R E Z I N E
Q U A R T E T A Z D G R
Y A X A G J U F T N E S
S E N S E M B L E X R A
D R U M M K E K T C O B
R I O H C A L T O G C A
E B A N D S I P U N K T

Genre
Violin
Quartet
Vibrato
Ensemble
Quaver
Sing
Baritone
Rest
Folk
Alto
Jam
Drum
Sax
Festival
Band



Hum
Metal
EDM
Jazz
Rock
Pop
Indie
Hits
Punk
Bass
Choir
Note
Grunge
Zine
Trance

LOOKING FOR NEW SOME NEW ENTERTAINMENT?

Wondering what everyone else is watching on TV; what books they're reading; what new music they're listening to? This is the list for you!

WATCHING

The Vampire Diaries [TJ, 13]; The Simpsons [Vini, 19]; The Block [Courtney, 14]; Miss Peregrine's Home for Peculiar Children [Mackenzie, 13]; Degrassi Next Class [Jess, 16]; Pretty Little Liars [Mealie, 14].



READING



A Little History of the World by E.H. Gombrich [TJ, 13]
One by Sarah Crossan [Jess, 16] It Looks Like This by Rafi Mittlefehldt [Serena, 16] The Boy In The Striped Pyjamas by John Boyne, and The Fault In Our Stars by John Green [Mackenzie, 13].

LISTENING TO

Original Broadway cast recordings of Dear Evan Hansen, Heathers and Bring It On [Mealie, 14]; Original Broadway cast recordings of Come From Away and the Newsies [Jess, 16]; Twenty One Pilots [Anthony, 11]; Taylor Swift [Mia, 14]; Katy Perry [Georgia, 12]. ◀



EMMA'S

IN 2016, Emma found out she had cancer and would have to undergo treatment, which lasted for 8 months, ending in June this year. We talked with Emma about her experience and how she came to donating a huge sum of money to Starlight.

ABOUT HER INITIAL TREATMENT:

"At the start of my treatment I had no idea what I was going to do with myself. The worst parts for me were not being able to hang out with my friends or do the things I loved, like playing sport. Waiting between chemo rounds for weeks at a time was also a pain. I just wanted it to be over."

At the beginning I watched a lot of Netflix, starting and finishing many TV shows that I would usually never have had enough time to watch. I also read, played board games and coloured-in quite a lot."

ABOUT BAKING:

"As I started getting stronger I began baking for my friend's birthdays, which kind of started off the whole baking thing. I had been into baking fancy looking sweets in 2014 but didn't do it very often because I was always so busy with sport and school, but after showing Trisha (one of the hospital educators) photos of what I could do, she suggested I start a business."

"I began baking for lots of different people but it was a lot of work because I only had a little hand mixer at home, so I thought I would save up to buy a mixer that I had my eyes on for a while. Then Trisha suggested I start a GoFundMe page to save up the money. I started

STORY.

my GoFundMe page and received over \$800 from kind friends, family and some (almost) strangers."

ABOUT DONATING MONEY:

"After being in the hospital, I realised many people had it worse than me and that the Starlight Captains, Starlight Room and Livewire were a great release to pass the time and have fun. Straight away I knew I wanted to donate my money to such a worthy cause. My initial goal was to donate \$800 so that essentially, all of the donations that I personally received to buy my new mixer, I would be passing on to the Starlight Foundation, and that's when things kind of took off." Emma ended up donating \$1313.13.

"At the moment of course I have my mini business which I have designed logos and business cards for. I'm in the middle of designing my website, which is very exciting. I want to start a recipe

book with all my favourite recipes and make a photo album of my cancer journey that I can look back on when I am older."

"I do feel my cancer journey has overall been a positive experience and has had a positive impact on my life. I am much more relaxed about things that I used to think meant the world, like school exams and assignments, sporting carnivals and trying to be the best at everything I do. I feel that I don't sweat the small stuff anymore and kind of go with the flow a bit more. I appreciate the little things in life more now than I used to. I feel I am still the same person, just a bit more chilled out and appreciative of little things that I can do and that happen every day. If I think about it, I'm now kind of a hippie version of my old self, haha." ◀

BY BART_LW

WHAT IS AN ART THERAPIST?

AND HOW DO I BECOME ONE?

BY LORI_LW

One of our Livewire facilitators, Zeva, is currently completing her **Masters in Art Therapy**. We chatted to her about how to become an art therapist, what's so cool about it, and the weekly *ArtPlay* sessions

WHAT IS AN ART THERAPIST? An art therapist helps people look at their problems and what is going on for them through the lens of creativity. Art therapists help you: work through feelings, identify problems, and get to know yourself a bit better. We use all forms of expression, not just art! It's called multi-modality and can involve music, poetry, drama or singing. Art therapists can work with individuals or groups and it's really about getting in touch with what's happening for you in a fun, creative way.

WHERE WOULD YOU COME ACROSS AN ART THERAPIST? Lots of places! Some of you may have worked with art therapists in hospital. You can also find them working in aged care, or working with little kids, especially after traumatic situations. Some art therapists work in schools, community centres, and private practice.

HOW DO YOU BECOME AN ART THERAPIST? Usually you go to university, or an accredited training organisation like MIECAT. You can do a certificate

"[ARTPLAY] WAS A DIFFERENT TYPE OF LIVEWIRE! ZEN, BUT REALLY FUN."

"IT'S THE FIRST TIME I'VE BEEN ABLE TO DO ART SINCE MY ACCIDENT. I'VE MISSED IT."

"BEST. LIVEWIRE. EVER."

and diploma, and then eventually do your Masters degree. To work as an art therapist, you need to be registered with an association like ANZATA, which keeps track of art therapists across Australia, NZ and Singapore.

of my placement. *ArtPlay* is an hour long session we facilitate once a week. It's a Livewire workshop where we put the gaming and other distractions away, and just focus on art in a fun, dedicated space. ◀

WHAT IS IT THAT APPEALS TO YOU ABOUT BEING AN ART THERAPIST? Helping people express themselves and work through difficult emotions, which can be hard to just talk about. I think art therapy lets people be creative and see their story, and their problems, rather than just talking about them.

WHAT CAN YOU TELL US ABOUT ARTPLAY AT RCH? *ArtPlay* began because I'm doing my Art Therapy Masters, and my Livewire work is part

W A N T
M O R E
I N F O ?

WWW.ANZATA.ORG
WWW.MIECAT.EDU.AU
WWW.ACATA.ORG.AU

OLIVIA'S RECIPE:

pear pastry delights
makes 8

Prep time: 15 mins

Cooking time: 15 mins

Ingredients

2 sheets of puff pastry;

4 tablespoons of Nutella (or spread of choice);

2 cans (820g) of pears sliced and drained;

2 tablespoons of brown sugar;

2 tablespoons of walnuts or almonds.

Method

► Preheat oven to 220°C (200°C fan forced) and line a large baking tray with baking paper.

► Cut the pastry into four squares and arrange on the prepared tray. Spread each square with the chocolate hazelnut spread, leaving a 2cm border. Arrange the pear slices on top and sprinkle with the sugar and hazelnuts. Fold in the pastry edges to form a border.

► Bake the tarts for 10-12 mins or until the pastry is puffed and golden.

When draining pears, also dry off on paper towel to avoid soggy pastry. ◀

MEET THE BEANIES

BY HANNAH_LW

With over 46,000 downloads **The Beanies** are making waves in the world of podcasts. We chatted to them about getting started and becoming a pro.

WHAT GAVE YOU THE IDEA TO START A PODCAST FOR KIDS? Children's entertainment has changed a lot, with a majority of time spent watching videos and movies on portable devices. We thought that perhaps kids were missing out on exercising their imagination muscles, so we wanted to offer an alternative to screen time.

HOW DID YOU GO ABOUT GETTING IT OFF THE GROUND? We are super lucky that the creative chemistry in our group works really well, and we found ourselves writing straight away. We got ten songs and corresponding stories written in just a few months, and we

went about finding a distributor with the right audience. *Mamamia* was a great distributor of Season One. The positive response was overwhelming.

DO YOU USE ANY SPECIAL EQUIPMENT OR GADGETS TO RECORD? Nope - in fact, our first podcast was recorded under a blanket in Mim's room! Our equipment is a little more advanced now, but the beauty of podcasts is their accessibility. So long as you have a way to record and a great idea, you're set.

WHAT'S YOUR ADVICE FOR YOUNG PEOPLE WHO ARE INTERESTED IN MAKING A PODCAST? Figure out whose attention you want to capture: What are they interested in? What are they talking about? How long can they concentrate? Also, never underestimate the power of music and sound effects. When there's nothing visual being produced you really have to set the scene for the listener to be engaged..

WHAT'S NEXT FOR THE BEANIES? We're currently recording and editing Season Two for release in the next few months. Keep your eyes and ears peeled!

Find out more: www.thebeaniesaus.com @thebeaniesau ◀



THE livewire. PODCAST

HAS ARRIVED! Lately it seems that every person and their dog is making a Podcast. But since we don't have a Livewire dog (*Yet. We still hold hope.*) we decided to jump on the bandwagon and create a tasty little treat for your ears in the form of **The Livewire Podcast!** It's officially on the charts, and even featured in Apple's 'New and Noteworthy' list - which we are stoked about!

New episodes come out fortnightly and feature everything from gaming, music, mindfulness, and sneak peaks into some of the workshops we run in hospitals - plus heaps more. You can find the Livewire Podcast on all your favourite podcast apps, so check it out and don't forget to subscribe so you never miss out on the latest episodes!



We hope you love listening to the Livewire Podcast as much as we love making it! And if you have any suggestions or questions for upcoming episodes jump online to **livewire.org.au** and let a Chat Host know your ideas. ◀

TOP TIPS FOR PUBLIC SPEAKING

BY UNICORN_TBIRD AND
HANNAH_LW



Hey everyone! I'm Tiana, or Unicorn_tbird on livewire.org.au.

I like watching Netflix and talking to my friends. I don't really like movies, they're too long and there isn't enough plot, and don't even talk to me about hospital food. What even is that?! Anyway, here are my **top 5 tips** for staying cool calm and collected when public speaking:

- ➔ if you're not that confident, fake the confidence and you'll get the confidence! Try and square your shoulders back, hold your head up high, and smile - instant confidence!
- ➔ Do something to pep you up! I like to go over my lines, but I know that can make others nervous. So maybe listen to some of your favourite music or do some stretches. Doing something you enjoy might get your brain working better and help calm you down.
- ➔ Try and project your voice, if possible. If you can't, or your voice isn't so loud, just scream it!
- ➔ Chew some gum to warm up your mouth muscles and make your mouth fresher! Have some water and maybe don't eat too close to speaking because if you're a bit nervous it might make you feel sick. ◀
- ➔ Know what you're talking about. Get familiar with the content so you feel comfortable talking about it. Plus, it might help to practice it!

RUBIKS CUBING

THE ART OF KEEPING BUSY.

BY LORI_LW

What do you do to keep the boredom away while you're in hospital? Tyson tells us all about his unique, 80's inspired hobby: *Rubik's cubing*.

HOW DID YOU GET INTO CUBING? In hospital here at RCH, actually. I was in hospital and there was another patient here that would solve cubes and I thought it was really cool. I got home and bought a cheap \$2 cube that got stuck every time I tried to use it. I started watching Youtube tutorials and got into it from there.

WHY DO YOU LIKE CUBING? I really enjoyed learning it; it's very challenging and difficult. But once I learnt basic solving I found there are so many ways you can step it up. I got a 4x4 after I conquered the 3x3. Once you've solved a few you start to notice patterns in the algorithms, and instead of using Youtube you can figure them out yourself, which is really rewarding.

WHAT'S YOUR FASTEST TIME FOR A 3X3 CUBE? I use a beginner's method, but there are a lot of faster methods out there. My best time is **32 seconds**. Usually I'll average about 40-50 seconds with the beginner's method. The advanced methods require learning

YOUTUBE IS YOUR FRIEND.

THERE ARE HUNDREDS OF CUBE SOLVING VIDEOS OUT THERE [...] FIND ONE THAT WORKS FOR YOU.



a lot more algorithms, but it will mean you can solve faster. If you look up *Rubik's Cube Championships* you can see people solving them in less than 10 seconds.

HOW LONG HAVE YOU BEEN CUBING FOR? I've been solving them now for four or five years, with big breaks in between where I went off it and came back to it. If you solve it enough times, it becomes like riding a bike - you don't forget. I solved it every day for such a long time so now it's become muscle memory.

ANY STARTING TIPS FOR BEGINNERS? Write down the algorithms on a sheet of paper and take it with you *everywhere*. That's what I did. I had a cube with me, and this sheet of paper with all this stuff on it that looked like random nonsense

to anyone else, but it made sense to me! Also, Youtube is your friend. There are hundreds of cube solving videos out there. All you have to do is search "*how to solve a Rubik's cube*", and find one that works for you.

HOW ABOUT WHEN IT COMES TO FINDING THE RIGHT CUBE? Don't buy a cheap \$2 cube! Expect to spend \$20-\$30 on a good quality cube; it's worth it. The best brand of cube, in my opinion, is *Moyu*. You can find them online. Also, start with a traditional 3x3 cube, then work your way up from there. You can buy cubes of all different sizes, right up to a 13x13. ◀

CALLING ALL CREATIVES!

DO YOU DO COOL STUFF?

WANT TO SEE YOUR COOL STUFF
PUBLISHED IN THE LIVEWIRE ZINE?

We are looking for:

Artwork - do you paint, draw or sketch?

Photography - cool photos you're proud of;

Short Stories and **poetry**;

Recipes; **DIY** craft tutorials; **puzzles**;

Letters to the Editor - want to let the world know what you're passionate about? Have a kooky hobby, or did you kick some awesome goals lately?

Well now is your chance to get published! Email us at: livewire.zine@starlight.org.au with whatever you would like to share, and we'll be in touch to make it happen!



BY LORI_LW

Seth is a 16 year old artist, game designer and cosplayer from RCH in Melbourne. We caught up with him to find out about his most recent cosplay costume.

WHAT CAN YOU TELL US ABOUT YOUR COSPLAY? I cosplayed as a lost soul from the game Doom. One of those floating skulls, that, you know, are on fire. I like the game Doom, it's awesome. It's my favourite game.

WHAT DID YOU MAKE THE SKULL OUT OF? It's a light air dry foam clay called Magiclay.

WHAT WAS THE MOST DIFFICULT PART OF MAKING IT? The hardest part was trying to paint it, without screwing it up.

HOW LONG DID YOU WORK ON IT FOR? About four days in total. Three of those was just letting the mask dry out properly.

HAVE YOU WORN IT ANYWHERE? Only at OZ Comic Con in Melbourne this year.

HOW LONG HAVE YOU BEEN INTO COSPLAY FOR? Just this year, really. But I've always wanted to do it. This is the first year of me being able to do it properly because I have most of the materials required now.

WHAT ARE YOUR TIPS FOR SOMEONE STARTING OUT? Set your mind to it and you need to make plenty of time for it. It might take a month to get a costume done, but just give it your best, even if it doesn't work out. First attempts never work out properly! The longer you work at it, the better you get. Oh, and bring a spare change of clothes when you cosplay, cause you'll end up hot and sweaty! ◀

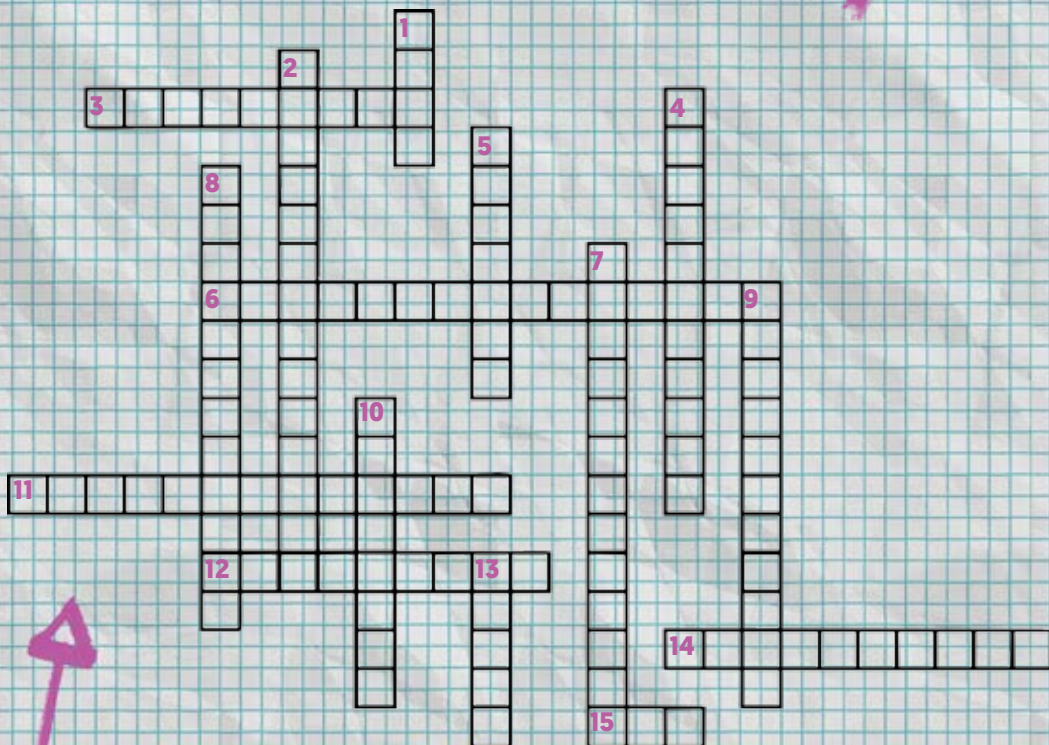


DOWN

1. DIG DOWN
2. THUNDER
4. BANANA PANCAKES
5. SINGLE LADIES
6. WHAT DO YOU MEAN
7. LESS THAN
9. KILL EM WITH KINDNESS
10. RIPTIDE
13. HELLO

ACROSS

3. 24K MAGIC
8. HEATHEN
11. YOU'RE WELCOME
12. GALWAY GIRL
14. THE MAN
15. CHANDELIER



* ANSWERS ON PAGE 29

PIXEL AND BITS

NINTENDO SWITCH SEAL OF APPROVAL

WE'RE BACK AGAIN! If you've got the Nintendo Switch and have clocked hours on games like Mario Kart and Splatoon 2, you might be wondering - what next? Have no fear, **Pixel and Bits** have got your back! We've made a list of current and future e-shop titles, that won't break the bank.

SONIC MANIA (OUT NOW)

Play as Sonic, Tails, and Knuckles in this super **FAST** and **FUN** retro 2D platformer. Featuring some old-school level design with all new twists and turns. Face powerful bosses, gain new abilities, and loop-de-loop your heart out. Sonic Mania celebrates the best of Classic Sonic and is guaranteed fun for anyone.

quirkiness begins when you hit another player's body part; *YOUR* body part grows bigger and makes theirs smaller. Depending on how big or small you become, you can receive crazy new abilities and exclusive arena access.

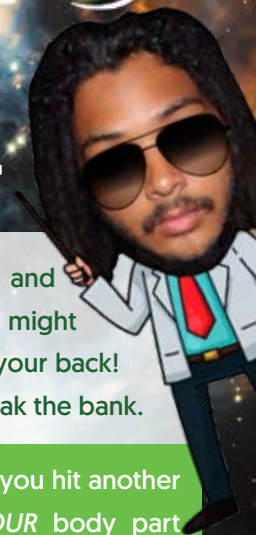
MORPHIES LAW

(LATE 2017 - EARLY 2018)

A morphology driven 3D shooter where players compete in open arenas to score more points than the other team. The

TUMBLESEED (OUT NOW)

Navigate around monsters and avoid holes as you help send a cute little seed to the top of a constantly alternating mountain-scape. Use both control sticks as you try to balance your way to the top. Grab powerful upgrades on your way to the summit to get the highest score. ◀



GAMES TO PASS THE TIME

THE 'IF' GAME

Ask everyone hypothetical questions and talk about what you would do. Here's some mind-opening examples:

- If you could have any super power what would it be?
- If you won \$10 million and had to spend it in 5 days what would you buy?
- If you could be the world champion in any sport, which would it be?
- If you were stranded on an island, which 3 people would you choose to be marooned with?
- If you could be someone famous for a day, who would you be?

LINKING WORDS GAME

Choose a category, and taking turns around the group, each person's answer must start with the last letter of the previous person's. For example, if the category is animals, the answers might go like this: **dog** > **gorilla** > **ant** > **tiger** > **rabbit** etc. Here's a few categories to get started with:

- Girls/boy names, musicians or bands, objects, sports equipment, things you might find in the kitchen
- **CHALLENGE MODE:** Limit the answers to specific lettered words. For example: 4 letter words like **bear** > **road** > **dive** etc.

THE STRANGEST PART about my recent holiday to *Florida, USA* was that a lot of funny moments weren't seeing our photos after the scary rides, or watching our motion-sick friend squeal uncontrollably on the not-at-all scary Minions ride. The fun often happened, in fact, while we were waiting in line for rides. Don't get me wrong, I love a good rollercoaster. But when it's a 3 hour wait to get buckled in, you have to do something to stave off the insanity. I made my friends play all sorts of silly games and, as a self-declared master of time-wasting, I'd now like to hand them down to you.

BY LAUREN_LW

5 SECOND RULE

(Not the race between you and your dog for dropped food) Someone asks a question and you have 5 seconds to answer it. It seems simple, but can be hilariously difficult.

Here's a few to get you started:

- Name 3 words that rhyme with tyre
- Name 3 things that are blue
- Name 3 excuses for not doing your homework
- Name 3 animals you might find in a jungle

WOULD YOU RATHER

Give each other an *either/or* scenario where the person **HAS** to choose only one of the options and then explain why. Here's some Q's to get you started:

- WYR be a wizard **OR** a ninja?
- WYR lose \$1000 **OR** lose all your phone contacts?
- WYR never use social media again **OR** never watch TV (*or Netflix*) again?
- WYR it were always daytime **OR** always nighttime?
- WYR have to say everything that comes to your mind out loud, **OR** never say anything again?



Mindfulness. n.

To pay attention in a particular way: on purpose, in the present moment, and nonjudgmentally

Livewire
.org.au

left hospital and want to



left hospital and want to make friends
left hospital and want to stay in touch with livewire
left hospital and want to chat about cats
left hospital and want to share my experience
left hospital and want to win heaps of cool prizes



Livewire.org.au and livewire.org.nz is a great place for teenagers from around Australia and New Zealand to meet new people, share experiences, find support and keep up to date on the latest news and gossip. It is also an amazing place to get creative and win some awesome prizes! All you need to do is jump online, head to **www.livewire.org.au** or **www.livewire.org.nz** (if in New Zealand), create a profile and start exploring. ◀

DOWN: 1. MUSE, 2. IMAGINE DRAGONS, 4. JACK JOHNSON, 5. BEYONCÉ, 6. JUSTIN BIEBER, 7. NINE INCH NAILS, 9. SELENA GOMEZ, 10. VANCE JOY, 13. ADELE, ACROSS: 3. BRUNO MARS, 8. TWENTYONEPILOTS, 11. DWAYNE JOHNSON, 12. ED SHEERAN, 14. THE KILLERS, 15. SIA.

LIVEWIRE ONLINE MEMBERSHIP FORM

Livewire.org.au and livewire.org.nz is an online community for young people with chronic health conditions, or disability, and their families. It is a safe, online space where members can connect and share experiences, chat, create blogs, enter competitions and read up on the latest news, reviews, interviews and videos. If you would like to sign-up to be a Livewire member please complete this form and hand it to your closest Livewire Facilitator or if you would prefer simply head to www.livewire.org.au or livewire.org.nz (if in New Zealand) and create your profile.

MEMBERS DETAILS

| | |
|---|-----------------------|
| Full Name: | |
| D.O.B: | Female / Male / Other |
| Email: | |
| Contact Number: | P/C: |
| How long will your injury, illness or disability last? | |
| Less than 6 months / More than six months / No illness (I am a sibling) | |

PARENT / GUARDIAN DETAILS

| |
|-------------------------|
| Parent / Guardian Name: |
| Email: |
| Contact Number: |

Parent / Guardian Signature: _____

Date: _____

Once this form has been completed, a Livewire Facilitator will create your membership and make you a temporary Username and Password. This can be changed as soon as you are able to login yourself.

A Livewire official will be in touch to confirm these details.

Please read the terms and conditions online before engaging with livewire.org.au or livewire.org.nz.

LOGIN DETAILS

Create a unique username and a password that contains at least 8 digits, a capital letter, a number and a symbol.

USERNAME: _____

PASSWORD: _____

To login, simply head to livewire.org.au and hit the 'Login' link!

