



**WEEK  
1**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 6 (YEARS 9-10)

## Learn It!

### Resilience

Complete an online resilience quiz: 'How Resilient Are You?' <https://www.verywell.com/quiz-how-resilient-are-you-4008851>.



**Reflect:** How accurate do you think the results of this quiz are? What aspects do you agree/disagree with?

Write about someone you think is a good coach or mentor who helped you to master a skill. Explaining who the coach is, what the skill was and what the coach did or said that made them a good coach.

Watch 'Stuck on an Escalator' [https://www.youtube.com/watch?v=VrSUe\\_m19FY](https://www.youtube.com/watch?v=VrSUe_m19FY)



(2:29). This clip shows examples of unhelpful thinking and that sometimes our thinking patterns are 'stuck in a rut', or fixed, preventing us from developing positive solutions.

Identify a difficult situation you are experiencing. Draw some thought bubbles containing any fixed, 'stuck in a rut' thoughts you have been experiencing, leaving some space underneath each thought bubble. Then, write a new more helpful thought underneath each bubble.

### Quotable Quote

*'We've all got light and dark inside us. What matters most is the part we choose to act on.*

*That's who we really are.'*

– J.K. Rowling, Harry Potter and the Philosopher's Stone –

## Get Crafty!



Grab some pens and paper to draw this Chibi Batman.



## Watch It!



ClickView Identity and Values



## Music Time

'Fight Song'

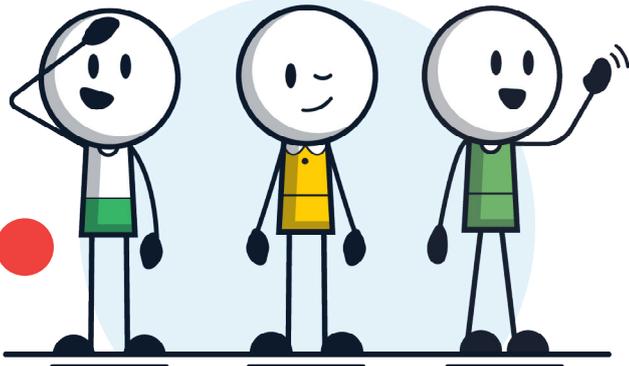
by Rachel Platten



## Mindful Moment

While colouring, focus on how you are selecting and applying colour in a design, in order to bring your awareness to the present moment. It is like meditation in that we need to let go of any thoughts about tomorrow or yesterday, or what we are going to do next.





## Saying Hello!

Instead of a hug, have fun saying hello to your friends in a different way.



## Wash Your Hands

1. Wet your hands.
2. Use soap.
3. Rub the soap all over your hands while you sing the alphabet song twice.
4. Rinse your hands in running water.
5. Dry your hands with paper towel.



## Three Good Things That Happened This Week:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

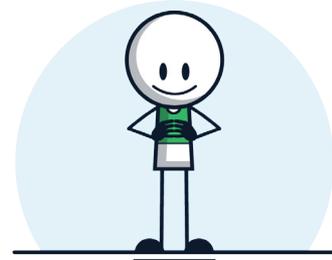
## Sleep Tracker

How many hours of sleep did you get?

--	--	--	--	--	--	--

Sun Mon Tue Wed Thu Fri Sat

## Reflection: My Week



## Mr Burns

Energy: Low  
Equipment: None  
Duration: 1 minute

Enhance students' focus and concentration in this quick coordination-based activity.

Students start by tenting their fingers together, with opposite thumbs and fingertips touching. They then separate and re-touch fingers, one-by-one or in a pattern.

**Challenge:** Speed is key! Encourage students to move quickly and create their own patterns.

