



**WEEK
2**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 3 (YEARS 3-4)

Learn It!

Mindsets

Ask your parents or guardians if you can watch the following clip: 'Growth Mindset for students - Episode 1/5' (2:35).



Look at the images below. What do you think they each mean?



FIXED MINDSET

VS.

GROWTH MINDSET

Sometimes our thinking stops us from achieving things. If we are using a fixed mindset, we have a tendency to be closed to developing new skills or experiencing new things. However, adopting a growth mindset means we can take safe risks, try new things, accept challenges, achieve goals and grow our brains.

What kind of statements are these?

- I can't play that song yet.
- I don't understand multiplication because I'm not good at Maths.
- I can't paint pictures.
- I believe mistakes help me learn.
- If I make a mistake, I'm going to give up.

Answers: Growth, Fixed, Growth, Fixed, Fixed, Growth, Fixed

Read It!

Will Rosie develop a growth mindset? 'Rosie Revere, Engineer' by Andrea Beaty.



Quotable Quote

'The only true failure can come if you quit.'

– Rosie Revere, Engineer; Andrea Beaty –

Get Crafty!

Use paper, coloured pencils or markers and scissors to make a cool bookmark!



Music Time

'High Highs'

by Open Season



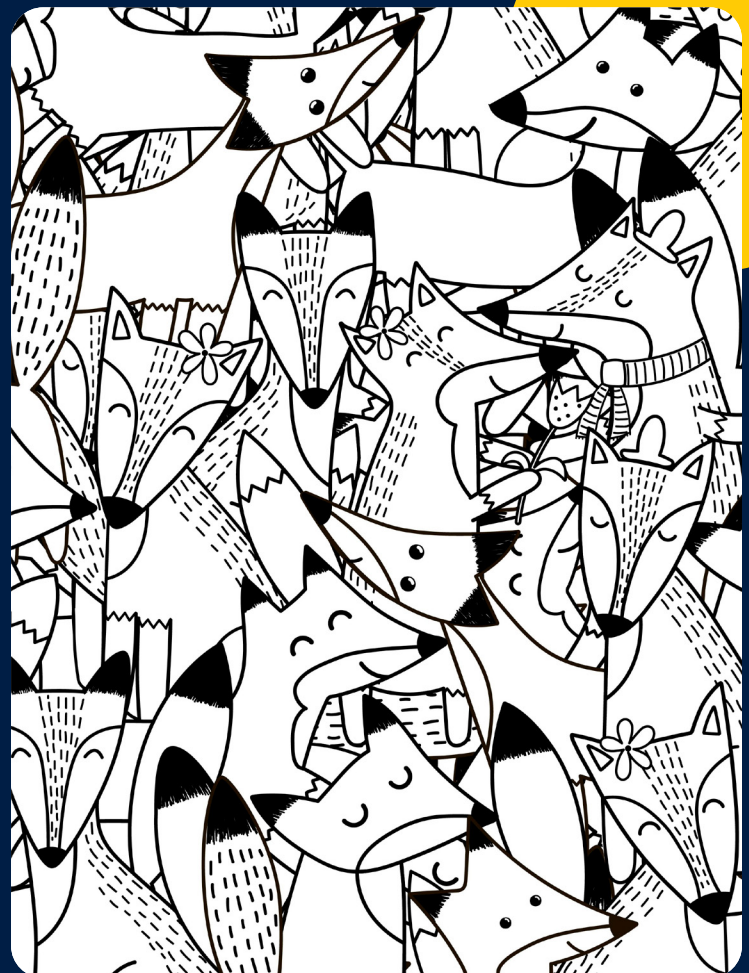
Mindful Moment

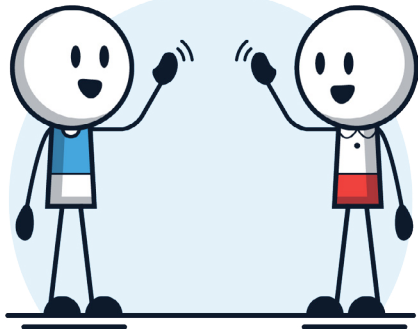
Go Noodle: Think About It 'Let It Go'



Move It!

Use your 'growth mindset' to master this dance! Go Noodle: 'Get Funky'





Stay Connected!

It's important to stay connected socially, even though we're separated physically. Try the ideas below:

- Skype/Zoom someone while eating lunch
- Video call a friend to teach them a new skill, e.g. a recipe or a TikTok dance
- Use the Netflix party function to watch a favourite movie with friends
- Play a boardgame with family at home



Cover Your Cough!

Dabbing might be so 2016... but in 2020 covering your coughs with your elbow is totally lit.



Three Good Things That Happened This Week:

1. _____

2. _____

3. _____

Sleep Tracker

How many hours of sleep did you get?

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Sun Mon Tue Wed Thu Fri Sat

Reflection: My Week



Thumb Challenge

Energy: Low
Equipment: None
Duration: 1 minute

Students stand and watch the teacher demonstrate the dexterous thumb-pointing challenge.

Students then attempt the challenge, having multiple turns and trying to improve their speed and coordination.

To perform the thumb pointing challenge – with one hand, simply clench your fist and give a 'thumbs up' sign. With your other hand, keep your thumb tucked in and point your pointer finger directly at the raised thumb.

On 'switch', simply reverse positions, with the opposite hand now pointing at the opposite raised thumb. Simply alternate between these two positions and you are doing the thumb challenge!

