



**WEEK  
2**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 6 (YEARS 9-10)

## Learn It!

### Character Development

Print and cut out the 'Character Strengths and Virtues Cards' provided and place them face-up. Try to group the character strengths according to the virtues.



**Ask yourself:** Why do you think this virtue is the best category for this strength? What other virtue/s could this strength be grouped under? Check your answers below.

Think of someone you're close to, e.g. a friend or family member. Identify up to 4 character strengths you believe that person actions regularly. Identify examples of when you have seen that person action these character strengths. Call this person or send them an encouraging note, text or email to let them know the strengths you see in them, as well as the examples you have recalled.

Answers  
Wisdom: Creativity, Curiosity, Open-Mindedness, Love of Learning, Perspective  
Courage: Bravery, Honesty, Persistence, Zest  
Humanity: Kindness, Love, Social Intelligence  
Justice: Fairness, Leadership, Teamwork  
Temperance: Forgiveness, Modesty, Prudence, Self-Control  
Transcendence: Appreciation of Beauty & Excellence, Gratitude, Hope, Humour, Spirituality



## Get Crafty!

You could use PVA glue and magazine pictures to turn an old jar into a desk organiser!



## Music Time

'Back's Against the Wall'  
by Judah & the Lion



## Mindful Moment

Headspace:  
Meditation  
Why Focus on  
the Happiness of  
Others?



## Move It!

Try the  
'Coincidance'  
dance challenge  
on TikTok.



## Watch It!

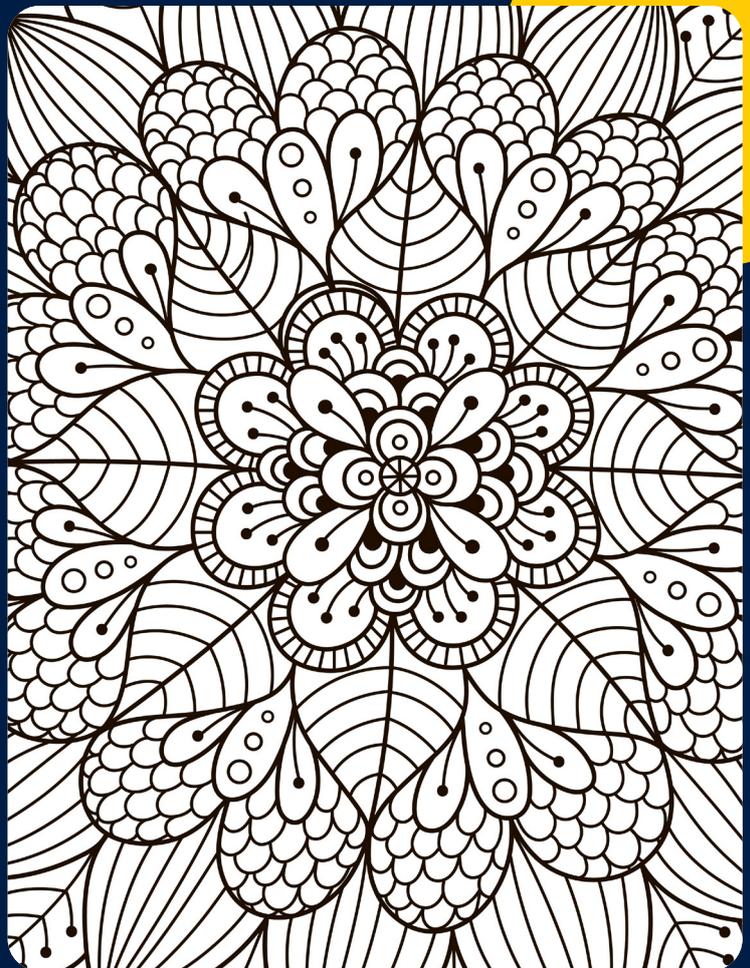
Watch  
'Find Your  
Character  
Strengths Test'

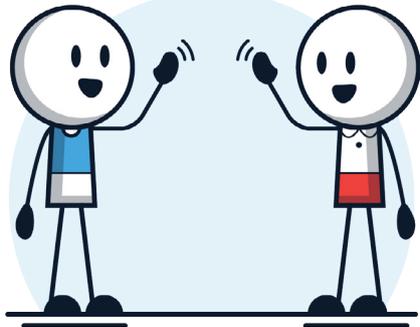


## Quotable Quote

*'Good character is not formed in a week or a month. It is created little by little, day by day. Protracted and patient effort is needed to develop good character.'*

– Heraclitus –





## 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"/>						
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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!