



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
3**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 1 (FOUNDATION)

Learn It!

Emotional Intelligence

Use coloured pencils to show the colours you would choose for the following emotions.

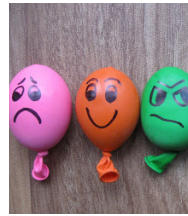
Happiness	<input type="text"/>	Calm	<input type="text"/>
Sadness	<input type="text"/>	Excitement	<input type="text"/>
Anger	<input type="text"/>	Fear	<input type="text"/>
Surprise	<input type="text"/>	Joy	<input type="text"/>

Lie on the floor with your eyes closed and ask a parent or guardian to play 'The Chronicles of Narnia – The Lion, The Witch and The Wardrobe OST – The Battle' (7:01). Imagine what story the music might be telling.

Think About: What emotions you felt while you listened to this music? What story would match this music? Describe the characters that could be in the story.



Play the music again and create a drawing about the song. Choose the colours carefully to represent the emotions you felt during the song.



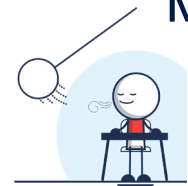
Get Crafty!

'Use a balloon, a permanent marker and some playdough to make this squish ball.'



Music Time

'Social Distancing' by The Wiggles



Mindful Moment

Engage in this Mindfulness activity from the Institute of Positive Education.



Move It!

The Kiboomers:
The Freeze Song.



Watch It!

'The Way I Feel' by Janan Cain



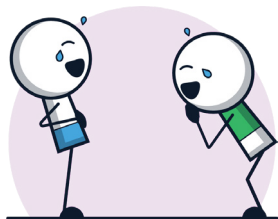
Quoteable Quote

*'Feelings are much like waves.
We can't stop them from
coming but we can choose
which one to surf.'*

- Jonatan Mårtensson



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Have Fun!

Get creative in the ways you have fun at home. Try the ideas below:

- Video call your grandparents to say hello
- Create a stop motion video; show a friend
- Go for a walk outside with your family
- Write a song, poem or rap
- Learn to play a new game
- Have a family talent contest
- Try a new recipe or craft
- Make up a dance to a favourite song



No Touchy!

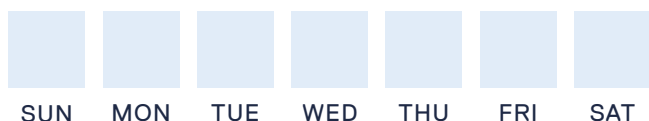
The 'facepalm' is a thing of the past. Not touching your face is the ultimate 'TikTok' challenge.

Three good things that happened this week:

1. _____
2. _____
3. _____

Sleep tracker:

How many hours of sleep did you get?



Reflection - my week:



Winks

Energy: Low
Equipment: None
Duration: 1 minute

Improve focus and concentration with this simple, fast-paced exercise.

Students wink their left eye then click their right fingers and swap, repeating the process.

Challenge: Do this as quickly as possible.