



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
3**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 2

Learn It!

Gratitude

Being grateful is about focusing on what's good in our lives and being thankful for the things we have. Gratitude is pausing to notice and appreciate things that we sometimes take for granted. For example, having a place to live, food, clean water, friends and family. Trace around your hand on a piece of paper and draw something on/next to each finger that represents something for which you are grateful.

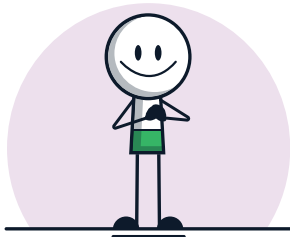
Little finger = little things in life, like sunshine

Ring finger = relationships (friends and family)

Middle finger = a nice thing about someone

Pointer finger = point out the beauty around you, for example something in nature

Thumb = give yourself a thumbs up.



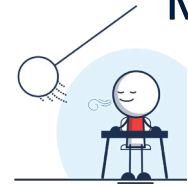
Get Crafty!

Make your very own gratitude chain to decorate your room.



Music Time

'What a Wonderful World' by Louis Armstrong



Mindful Moment

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



Move It!

Koo Koo Kanga
Roo: Dinosaur Stomp.



Watch It!



'Grateful'
by John Bucchino



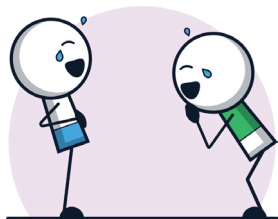
Quoteable Quote

'Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude.'

– Winnie-the-Pooh, A.A.Milne



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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.