



INSTITUTE OF  
**POSITIVE  
EDUCATION**



**WEEK  
3**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 3

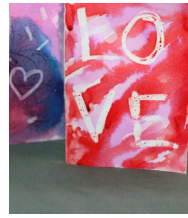
## Learn It!

### Caregiving



Watch 'Kid President's 20 Things We Should Say More Often' (3:31).

**Think About:** what other ideas could be added to that clip?



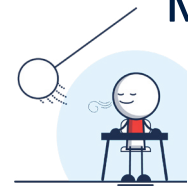
## Get Crafty!

Use watercolour paints, white crayons and cardboard to make a caring card.



## Music Time

'Count on Me'  
by Bruno Mars



## Mindful Moment

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



## Move It!

Go Noodle:  
U Can't Touch  
This.



## Watch It!

'Lotus and  
Feather' by  
Ji-li Jiang



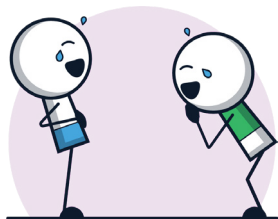
## Quoteable Quote

*'You have not lived today  
until you have done  
something for someone who  
can never repay you.'*

— John Bunyan



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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!

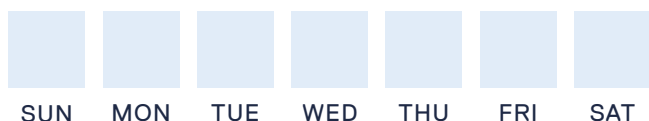
The 'facepalm' is a thing of the past. Not touching your face is the ultimate 'TikTok' challenge.

Three good things that happened this week:

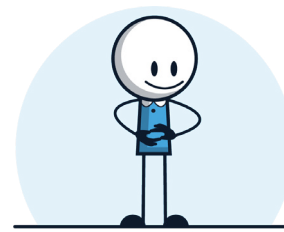
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Sleep tracker:

How many hours of sleep did you get?



Reflection - my week:



## Itsy Bitsy Walk

**Energy:** Low

**Equipment:** None

**Duration:** 1 minute

Help younger students increase their focus and concentration with this coordination challenge.

Students do the 'itsy bitsy spider' movement by joining opposite thumbs to forefingers and rotating their hands around, cycling through the different fingers, i.e. matching their thumbs to each finger in turn.