



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
3**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 4

Learn It!

Self-Control



Watch 'Why Do We Lose Control of Our Emotions?' (6:47).
'Flipping your lid' is a behaviour that we choose to do in response to an emotion we are feeling.

Draw and label a picture about a time when you 'flipped your lid'. What were the feelings like?

What did they do to your body?

What other thoughts and actions can you use next time, instead of 'flipping your lid'?

Tick the boxes below and add your own ideas.

- ☐ Have some alone time
- ☐ Ask for a hug
- ☐ Ask someone to listen to you
- ☐ Take a big, deep breath
- ☐ _____
- ☐ _____
- ☐ _____



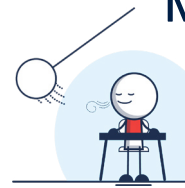
Get Crafty!

Make a sensory bottle to shake when you're about to flip your lid!



Music Time

'Don't Stop'
by Fleetwood Mac



Mindful Moment

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



Move It!

Kidz Bop Kids:
Dance Monkey.



Watch It!



Podcast: 'Story
Pirates' Episode 13
The Monkey and the
Ice Skates/Tissues

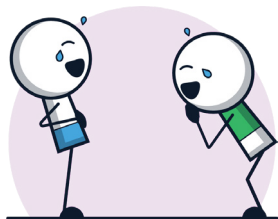


Quoteable Quote

*'Feelings come and feelings go.
I never know what they'll be.
Silly, angry, happy or sad,
They're all a part of me!'*

– The Way I Feel, Janan Cain





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.