



INSTITUTE OF  
**POSITIVE  
EDUCATION**



**WEEK  
3**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 5



## Learn It!

### Positivity



Watch 'Jessica's "Daily Affirmation"' (0:49) and 'DFG-Morning Motivation: Positive Affirmations' (1:23).



What impact do you think these affirmations could have on the lives of the children?

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Why do you think positive affirmations are powerful?

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How could your life be different if you used positive self-affirmations?

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How could these affirmations be changed to make them more outward-focused?

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## Get Crafty!



Create a Positive Affirmation poster for your bedroom.

## Music Time



'Super Good Feeling'  
by Bleach

## Mindful Moment



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



## Move It!



TikTok: Try this squat challenge!



## Watch It!



'The Power of Positivity | Brain Games'

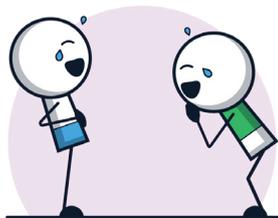


## Quoteable Quote

*'Even the darkest night will end and the sun will rise.'*

– Victor Hugo





## 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.