



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?

Why do you think positive affirmations are powerful?

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

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

## Get Crafty!



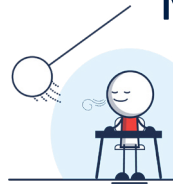
Create a Positive Affirmation poster for your bedroom.

## 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'



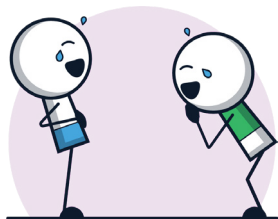
## Quoteable Quote

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

– Victor Hugo



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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!

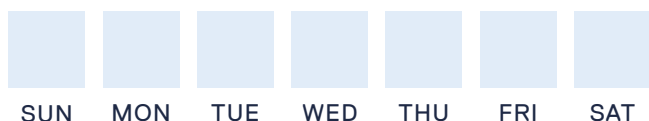
The 'facepalm' is a thing of the past. Not touching your face is the ultimate 'TikTok' challenge.

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.