



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
3**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 6

Learn It!

Gratitude



'Savouring' improves our wellbeing. It means attending to, appreciating and enhancing the positive experiences in your life. Taking time to appreciate the beauty around us is one way we can engage in savouring. Savour the images in the following clip 'A Sense of Wonder' (3:13). Note whether or not the filmmaker and participant in the film are also savouring.

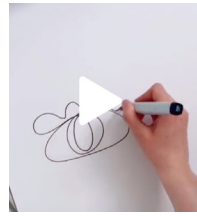


Think About It: Take a moment to identify the lens with which you view life. For example, do you use a telephoto lens to zoom in on the negative or do you view life through a panorama of positivity? Watch the following clip about the '365 Grateful' project (3:53).

Think About It: How can you change the lens with which you view life? What could be the benefits of doing so? How are savouring and gratitude linked?

Reflect on something for which you are grateful. Take a photo of or about this and share it with others.

Get Crafty!



TikTok: Try this line drawing challenge!

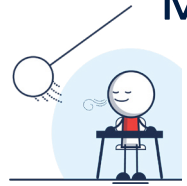


Music Time



'Beautiful Times'
by Owl City

Mindful Moment



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



Move It!



TikTok: Try this dance challenge!



Watch It!



'How savouring can boost your mental health during the coronavirus crisis'



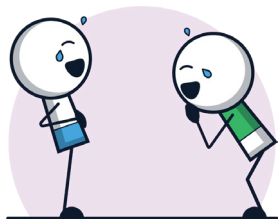
Quoteable Quote

'Feeling gratitude and not expressing it is like wrapping a present and not giving it.'

– William Arthur Ward



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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.