



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
3**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 7

Learn It!

Gratitude



Watch 'An Experiment in Gratitude | The Science of Happiness' (7:13).

Why do you think the people who wrote the letters flourished as a result?

How could receiving a gratitude letter impact someone else's life?

What far-reaching effects could this have?

Write a personal gratitude letter to someone who has made a difference in your life.

A good letter:

- is personal and personalised
- is often handwritten
- indicates that love and care have gone into writing
- takes time to write
- is genuine and heartfelt

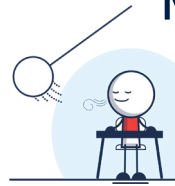
Get Crafty!

Create a digital collage of items you're grateful for, such as friends and family.



Music Time

'True Colors'
by Cyndi Lauper



Mindful Moment

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



Move It!

Try to conquer a
shuffle dance on
TikTok.



Watch It!



Watch 'The Science of Gratitude' and choose some appropriate strategies.



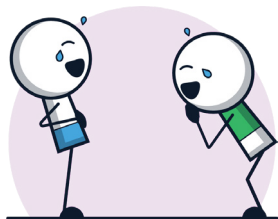
Quoteable Quote

'I don't have to chase extraordinary moments to find happiness - it's right in front of me if I'm paying attention and practicing gratitude.'

– Brené Brown



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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.