



INSTITUTE OF  
**POSITIVE  
EDUCATION**



**WEEK  
4**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 2

## Learn It!

### Curiosity and Interest

These clips contain examples of inventions that have been created due to people's curiosity.



Think about the questions below then design a new musical instrument. Draw and label a diagram of your instrument.

#### Think About:

What are you interested in doing/creating?

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What objects could you use?

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Why would you choose that object?

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How could you put those objects together?

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## Get Crafty!



Use recycled objects from around the house to create a prototype of your instrument from the 'Learn It' activity.



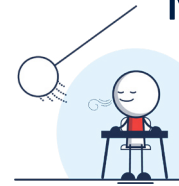
## Music Time

'Who Says' by  
Selena Gomez



## Mindful Moment

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



## Move It!

GoNoodle:  
Clap It Out.



## Watch It!



'Not a Box Book' by  
Antoinette Portis.



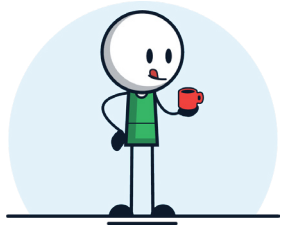
## Quoteable Quote

*'Those who don't who  
don't believe in magic  
will never find it.'*

– The Minpins, Roald Dahl



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## Try Something New!

Now is a great time to get creative in the kitchen!

- Make your own playdough
- Test out some different slime recipes
- Create some fruit rockets using skewers
- Bake some cookies
- Make a mug brownie
- Choose a new recipe for dinner
- Make some tasty protein balls
- Design your own tortilla pizza



## Stay Strong!

Top tips on staying healthy from the experts:

- Set up a daily routine
- Keep active
- Eat healthily
- Stay connected

Three good things that happened this week:

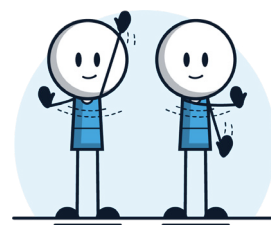
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Sleep tracker:

How many hours of sleep did you get?



### Reflection - my week:



## Hand Shake

Energy: Low

Equipment: None

Duration: 1 minute

Increase students' focus by engaging in an activity that requires concentration and coordination.

Students stand with their arms extended in front of them and their palms facing away from their body, as if gesturing for someone to stop.

Students simultaneously move their right hand left-to-right and their left hand up and down, then swap.

**Challenge:** Students see how quickly they can complete these movements or call out 'swap!' at random intervals.