



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
4**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 3

Learn It!

Grit and Persistence

Watch 'Powerful Inspirational true story Never give up!' (3:14).



Think About: What are some of the traits/characteristics that Derek Redmond showed in the clip? Did he fail? What makes you say that?

Self-discipline helps us to achieve goals and try things that we haven't tried before. Tick the things you think are part of being self-disciplined:

- | | |
|--|--|
| <input type="checkbox"/> patience | <input type="checkbox"/> concentration |
| <input type="checkbox"/> resist temptation | <input type="checkbox"/> hard work |
| <input type="checkbox"/> practise | <input type="checkbox"/> persistence |
| <input type="checkbox"/> failure | <input type="checkbox"/> guidance |
| <input type="checkbox"/> keep the goal in mind | |

Get Crafty!

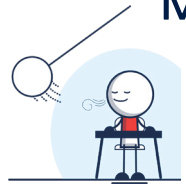


Test out your grit and persistence with this paper weaving craft.



Music Time

'This Is Me'
by Keala Settle



Mindful Moment

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



Move It!

Just Dance 2018:
Waka Waka This
Time For Africa.



Watch It!



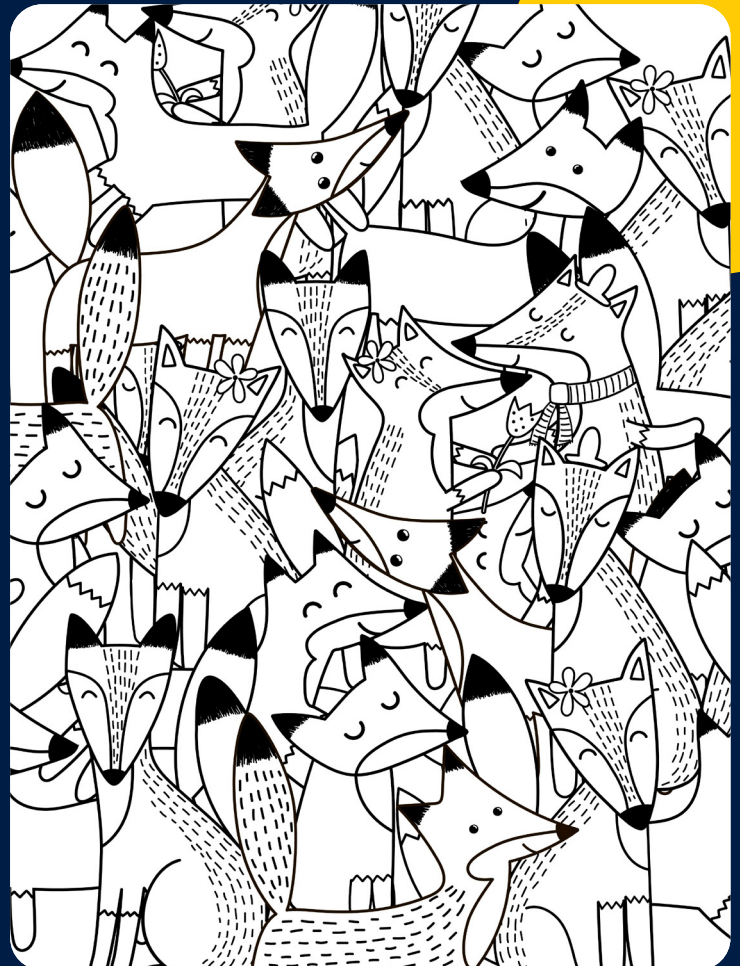
'Try Again Sally
Jane' by Mary
Diestel-Feddersen.



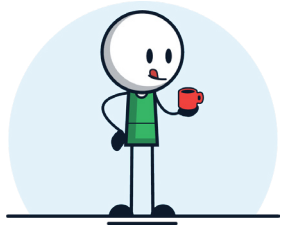
Quoteable Quote

*'We all can dance...
if we find the music
that we love.'*

– Giraffes Can't Dance, Giles Andrea



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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:

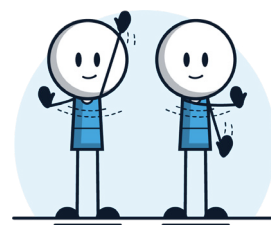
1. _____
2. _____
3. _____

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.