



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
4**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 4

Learn It!

Mind-Body Connection

Sometimes our thoughts about an event might not be rational or make sense. This can then affect our feelings and actions in a negative way.

A – Activating Event. This could be good or bad – anything that triggers feelings or behaviours. They are exactly what happened – just the facts. E.g. My brother bumped me on his way to the dining table.

T – Thoughts. The explanations we make up about why the event happened. These are harder to identify. You need to slow down long enough to recognise them. E.g. *Thought 1:* He did that on purpose! He's always mean to me! *Thought 2:* I wonder if he saw me there? Maybe he's just teasing.

C – Consequences. Feelings and actions that result from our thoughts. E.g. *Consequence of Thought 1:* I shoved my brother into the table and hurt his back. *Consequence of Thought 2:* I frown playfully and say 'Hey - look out!' My brother grins at me, winks and gives me a playful rub on the head.

By changing the 'Thought', or belief, we can change the 'Consequence'. You could do this by identifying the consequence first then working backwards, to see whether or not your thoughts and beliefs are accurate.

Get Crafty!

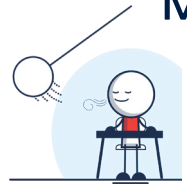


Follow the video to create a perspective drawing. Kids Art Project - Perspective Drawing Skyscrapers.



Music Time

'Fight Song' by Rachel Platten



Mindful Moment

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



Move It!

Go Noodle: Jump!



Watch It!



Remember we all have different perspectives. 'The Tale of Two Beasts' by Fiona Robertson.



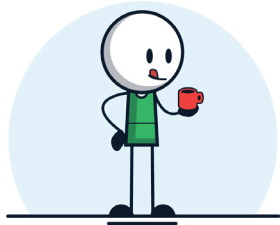
Quoteable Quote

*'Feelings are much like waves.
We can't stop them from coming but we can choose which one to surf.'*

– Jonatan Mårtensson



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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



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Stay Strong!

Top tips on staying healthy from the experts:

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



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Three good things that happened this week:

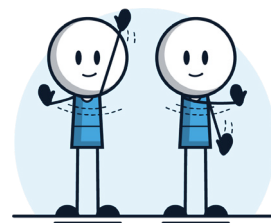
1. _____
2. _____
3. _____

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.



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