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**POSITIVE
EDUCATION**



**WEEK
4**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

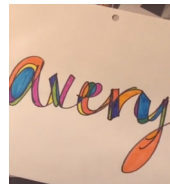
WEEKLY WELLBEING
PHASE 5

Learn It!

Resilience

When something happens, our brain creates lots of thoughts – some helpful and some unhelpful. For example, you might be really late for a Zoom lesson. Thoughts going through your head could include: 'I am going to get into trouble – I always get into trouble.' (Overgeneralising). 'I will probably fail this subject now because I have most likely missed important information about the upcoming test.' (Catastrophising). 'My teacher will assume I have been slack and slept in.' (Mind Reading). The consequences could include: I burst into tears in front of everyone; I am rude to the teacher and make the situation worse; I am so upset that I can't concentrate.

Watch 'Common Thinking Errors' (1:59). Get a coloured pen or pencil and write some of the unhelpful thoughts that were highlighted in the clip in this colour. Then consider alternative ways of thinking and use a different colour to write the more helpful thoughts next to each unhelpful thought.



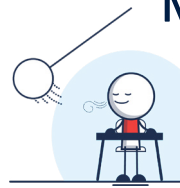
Get Crafty!

TikTok: Make a name sign for your desk or bedroom door.



Music Time

'Fighter' by Christina Aguilera



Mindful Moment

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



Move It!

Zumba: 'No Excuses' Meghan Trainor.



Watch It!

Watch this stop motion clip about unhelpful thinking patterns. Which ones do you relate to?



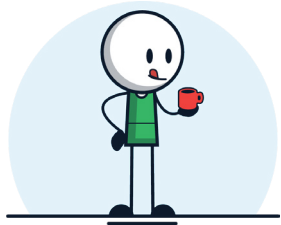
Quoteable Quote

'Until you make the unconscious conscious, it will direct your life and you will call it fate.'

– Carl Jung



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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



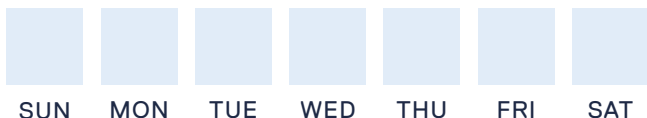
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Three good things that happened this week:

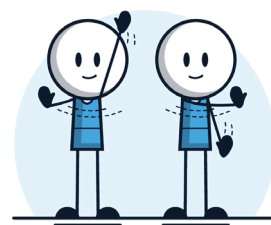
1. _____
2. _____
3. _____

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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