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**POSITIVE
EDUCATION**



**WEEK
5**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 2

Learn It!

Self-Control

Write or draw a list of places, things or activities that make you feel calm.

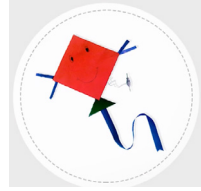
Use items from around the house to create your own 'calm down' or 'mindfulness' box.

These items could include:

- a squishy toy to squeeze
- a picture of nature from a magazine
- some mindfulness colouring in
- an eye mask for resting
- a smooth pebble or stone to rub
- some playdough to stretch
- a feather to tickle your arm
- scented lotion to rub on your arms

Place your Mindfulness box somewhere handy and use it as needed.

Get Crafty!

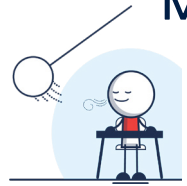


Use paper, sticky tape, bamboo skewers and wool to create a kite!



Music Time

'Firework' by Katy Perry



Mindful Moment

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



Move It!

Use your self-control to play Jenga, Operation, Twister or Go Fish!



Watch It!

Sesame Street:
Ian McKellen
Teaches Cookie
Monster to
Resist.



Quoteable Quote

'Feelings come and feelings go. I never know what they'll be. Silly, angry, happy or sad, They're all a part of me!'

– The Way I Feel, Janan Cain



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Be the Good!

We're all able to do something good for others!

- Give someone you live with a big hug
- FaceTime your grandparents to say hello
- Donate to a local hospital or charity
- Tell your parents, carers and teachers that they're appreciated
- Send a nice note or card to a friend
- Sew facemasks and donate them
- Write a gratitude letter



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Boost Your Body!

Top tips from experts to keep your body healthy:

- Keep moving and active
- Eat fruits and vegetables
- Get plenty of sleep
- Do mindfulness practices



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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:



Juggling Balance

Energy: Medium

Equipment: Paper

Duration: 1 minute

Engage in this cross-lateral activity to stimulate brain function and learning, and enhance focus and balance.

Students stand on one leg and raise the other to a 90-degree angle with their knee bent. They then hold a scrunched-up ball of recycled paper beside their hip, using the same hand as the side with the raised leg.

Students throw the ball up into the air next to their raised leg and move their other hand under their raised leg to catch the ball.

Swap legs and repeat.



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