



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
5**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 3

Learn It!

Gratitude

Watch 'Kid President's 25 Reasons To Be Thankful!' (3:46)

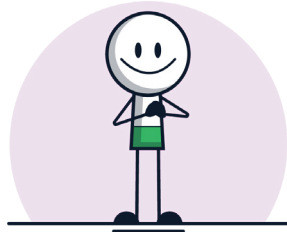


Think About: Which of those things, are you also grateful for?

Take a savouring sensory walk outside. Make sure you walk silently. Use the 5 senses to observe and appreciate nature.

Collect 5 fallen leaves of different sizes and textures, during your walk. Make sure the leaves are big enough to write a few words on them.

Once inside, write things you're grateful for on these leaves. Then create a 'Gratitude Tree' using the leaves, a craft roll/roll from paper towel and some glue or sticky tape.



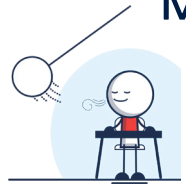
Get Crafty!

Use PVA glue, tissue paper and an old glass jar to create a gratitude jar. Use it to collect all the things you and your family are grateful for! Read 1 item each at dinner.



Music Time

'Thankful' by Jonny Lang feat. Michael McDonald



Mindful Moment

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



Move It!

Koo Koo Kangaroo: You are the Best



Watch It!



'Long Story Shortz - My Gratitude Jar' by Kristen Wiens.



Quoteable Quote

'Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude.'

– Winnie-the-Pooh, A.A.Milne



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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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