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EDUCATION**



**WEEK
5**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 4

Learn It!

Growth Mindset

Having a 'Growth Mindset' means believing that you can improve your basic abilities through practice and hard work.



Try doing the 'Awesome Rainbows' dance by Koo Koo Kangaroo.

Think About: How difficult was it to learn new moves?

What was going on between your brain and your body?

How would you describe your rate of improvement throughout the dancing session?

In what other areas of your life could you use Growth Mindsets?

Get Crafty!

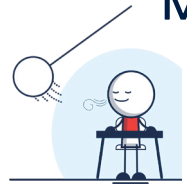


Use paper, glue, scissors and your growth mindset to create the best rocket launcher you can!



Music Time

'High Highs' by Open Season



Mindful Moment

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



Move It!

Create a scavenger hunt for your younger siblings or write a scavenger hunt for a friend to conduct in their own home while timing how long it takes!

Watch It!



Class Dojo Growth Mindset Series - Episode 2.



Quoteable Quote

'The only true failure can come if you quit.'

– Rosie Revere, Engineer; Andrea Beaty



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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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