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**POSITIVE
EDUCATION**



**WEEK
5**

POSITIVE EDUCATION ENHANCED CURRICULUM

WEEKLY WELLBEING
PHASE 5

Learn It!

Gratitude

Watch 'Gratitude: The Short Film by Louie Schwartzberg' (6:21).



Think About: 'By cultivating gratefulness, we are freed from envy over what we don't have or who we are not. It doesn't make life perfect, but with gratitude comes the realisation that right now, in this moment, we have enough, we are enough.' Robert Emmons, *Thanks!*, 2007

Engage in the following reflection regarding your friends or family.

Thankful friends:

- Picture a close friend or family member.
- Write their three best qualities – the ones that make you truly grateful they are in your life. For example, how they follow through on their plans and never ghost you, or the way they always make you laugh when you feel down.

Make them a card or send a text to let them know how you feel.

Get Crafty!

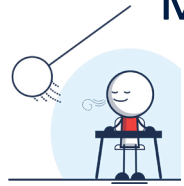


Make and send a card to a friend, relative or teacher to show your gratitude and appreciation.



Music Time

'Thank You for Being a Friend' by Cynthia Fee



Mindful Moment

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



Move It!

Try to master 'The Git Up' dance challenge on TikTok.



Watch It!



'The Gratitude Experiment'



Quoteable Quote

'Feeling gratitude and not expressing it is like wrapping a present and not giving it.'

– William Arthur Ward



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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:



Mr Burns

Energy: Low
Equipment: None
Duration: 1 minute

Enhance students' focus and concentration in this quick coordination-based activity.

Students start by tenting their fingers together, with opposite thumbs and fingertips touching. They then separate and re-touch fingers, one-by-one or in a pattern.

Challenge: Speed is key! Encourage students to move quickly and create their own patterns.



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