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**POSITIVE  
EDUCATION**



**WEEK  
5**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 6

## Learn It!

### Positivity

Strategies to enhance feelings of positivity can include:

1. Counting your blessings
2. Cultivating optimism
3. Avoiding over-thinking and social comparison
4. Practicing acts of kindness
5. Nurturing relationships
6. Doing more activities that truly engage you
7. Replaying and savouring life's joys
8. Committing to your goals
9. Developing strategies for coping
10. Learning to forgive
11. Practicing religion and spirituality
12. Taking care of your body

Circle three strategies you're going to try this week and explain why you chose them.

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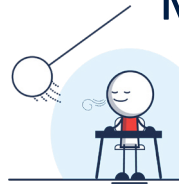
## Get Crafty!

Get creative and make a Rube Goldberg machine in your home!



## Music Time

'Positivity'  
by Stevie Wonder



## Mindful Moment

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



## Move It!

Embrace your inner  
positivity and try to  
learn the moves to  
this dance on TikTok.



## Watch It!



'The Positive  
Effects of Positive  
Emotions'.



## Quoteable Quote

*'...when we identify our beliefs and recognise their effects on emotions and behaviours...we can challenge and change them to more productive thought patterns.'*

– Martin Seligman



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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



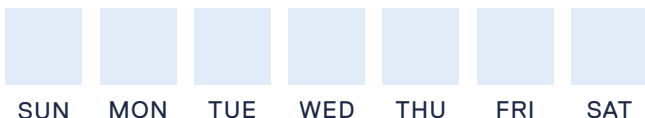
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Three good things that happened this week:

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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