



INSTITUTE OF  
**POSITIVE  
EDUCATION**



**WEEK  
5**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 7

## Learn It!

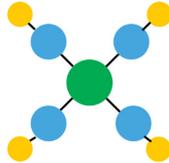
### Resilience

Real-time resilience is a skill we can use 'in the moment'. The skill is about recognising what you say to yourself when faced with adversity, and how to respond to negative thoughts and stay focused on the task at hand.



Watch 'Real Time Resilience' (1:56).

Get a piece of paper and write an example of an adversity in a circle in the middle of the page.



In the next layer of circles, write possible thoughts that could be going on in your mind to do with that adversity.

Draw another next layer, linking every thought to an emotion.

Finally, link each emotion to a behaviour. Decide what the best outcome is and summarise it below.

Adversity: \_\_\_\_\_

Best Outcome: \_\_\_\_\_

\_\_\_\_\_

## Get Crafty!

Have fun with this creative take on social distancing fashion.



## Music Time



'Rise' by Katy Perry

## Mindful Moment



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



## Move It!



Get creative around the house with the people you live with!



## Watch It!



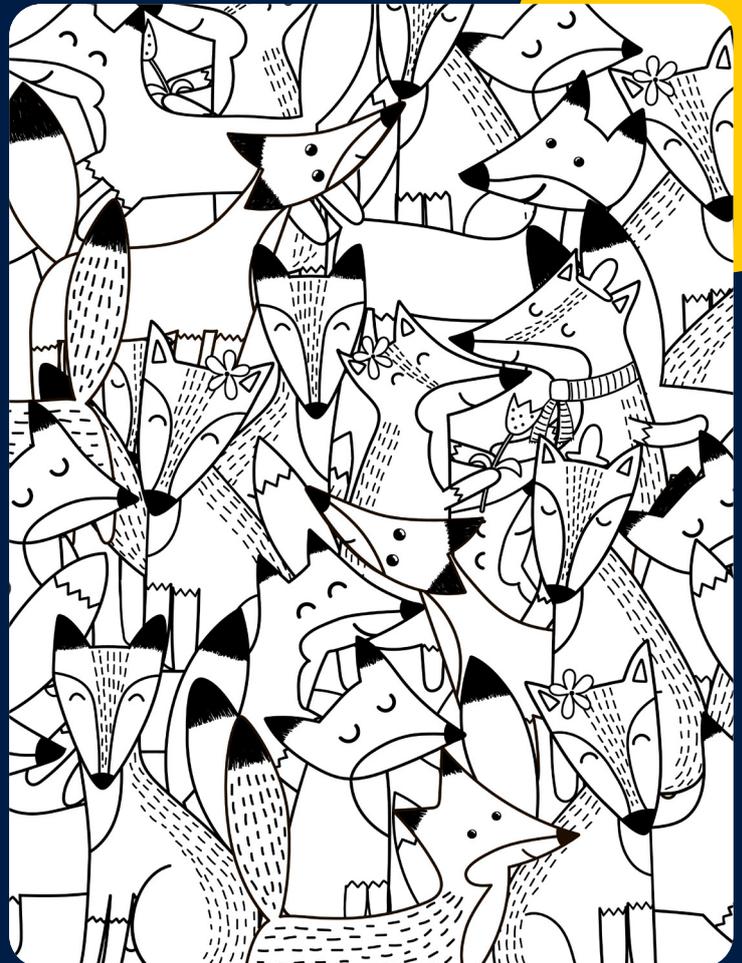
Watch this clip about the importance of not giving up. 'Keep Going'.

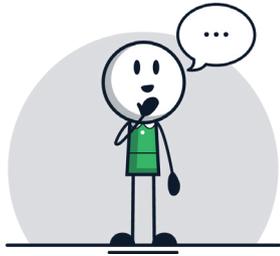


## Quoteable Quote

*'You may have to fight a battle more than once to win it.'*

– Margaret Thatcher





## 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



## 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

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.