



INSTITUTE OF  
**POSITIVE  
EDUCATION**



**WEEK  
6**

# **POSITIVE EDUCATION ENHANCED CURRICULUM**

WEEKLY WELLBEING  
PHASE 1 (FOUNDATION)

## Learn It!

### Mind-Body Connection

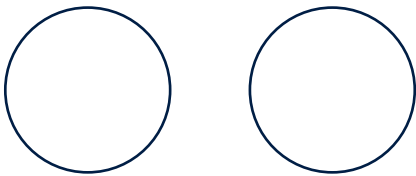
Ask your parents or guardians if you can watch this song 'If You're Happy and You Know It' (2:57). You could even join in with the song and the actions!



What other things does your body do when you feel happy? Can you:

- stand like you're happy?
- wave like you're happy?
- say hello like you're happy?

Draw two different emotions on these faces. Draw what your body does when you feel these emotions.



## Get Crafty!

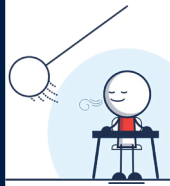


Make a bird sculpture and decorate it with different feelings.



## Music Time

'Creating a Dream'  
by Xavier Rudd



## Mindful Moment

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



## Move It!

Sing and dance  
along with this  
video.



## Watch It!

Watch this clip called 'Picture a Tree' (1:53), then go for a walk with your family and take note of all the different trees in the neighbourhood.



## Quoteable Quote

*'A healthy outside  
starts from the inside.'*

– Robert Ulrich



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## Set yourself up for success

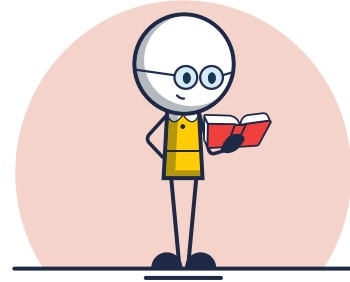
Take the time to think about and make a list of all the things you do that help you concentrate and feel good. They might include:

- Clean your desk
- Take stretch breaks
- Take eye breaks (get away from screens)
- Go outside
- Talk to someone
- Eat something tasty (and healthy!)
- Drink plenty of water
- Read or do something funny

....what else is on your list?



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## Sleep Tight

We are all working hard as we adjust to a new way of doing things. Make sure you are getting plenty of sleep to help you be your best during the day.



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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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