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**POSITIVE  
EDUCATION**



**WEEK  
6**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 2

## Learn It!

### Resilience

Sometimes when *one* thing worries us it can feel like everything is worse than it really is. Draw a squiggly line to what it feels like inside when you are worried.

Tick the boxes to show who you can talk to when you're worried.

- |  |  |
|--|--|
| <input type="checkbox"/> Parents or carers | <input type="checkbox"/> Brothers or sisters |
| <input type="checkbox"/> Grandparents      | <input type="checkbox"/> Teachers            |
| <input type="checkbox"/> Aunts or Uncles   | <input type="checkbox"/> Friends             |

**Think About:** When something is scary, what do you do? Did you know you can do things to help yourself feel calm when things seem scary?



Watch this video to learn about it: 'Building Resilience with Hunter and Eve' (2:32).

**Try it out:** Practise breathing the way Eve explained in the video. What did it feel like?

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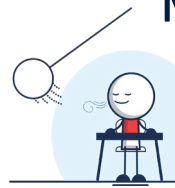
## Get Crafty!

Ask someone to help you make a rainstick.



## Music Time

'This is Me' by The Greatest Showman.



## Mindful Moment

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



## Move It!

Jump, Run and Shout with the Singing Walrus.



## Watch It!

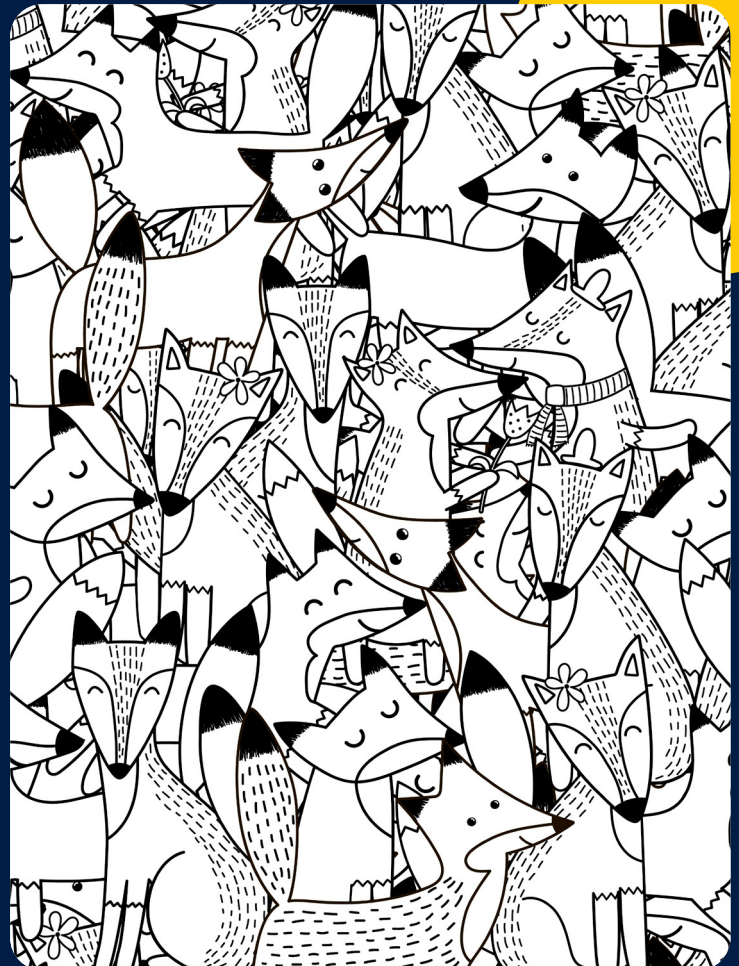
Enjoy the story about Mr Bump (4:24). What does he do when he feels sad?



## Quoteable Quote

*'I am not afraid of storms, for I am learning how to sail my ship.'*

– Little Women, L.M. Alcott



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## Set yourself up for success

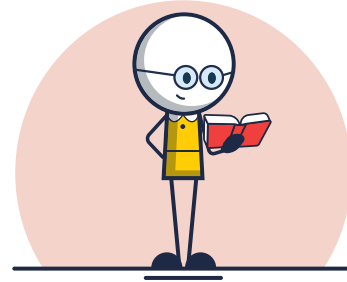
Take the time to think about and make a list of all the things you do that help you concentrate and feel good. They might include:

- 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.



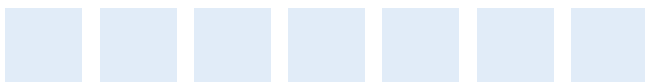
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## Three good things that happened this week:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Sleep tracker:

How many hours of sleep did you get?



SUN MON TUE WED THU FRI SAT

## 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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