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**POSITIVE  
EDUCATION**



**WEEK  
6**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 3

## Learn It!

### Kindness and Connection

Watch this story about kindness on YouTube 'Be Kind' (7:06).



#### Reflect

When you read about kindness or see kind things, you might feel warm inside. Were there things in the story that you have done to help someone and be kind to them? In what other ways are you kind to the people in your family?

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How are people in your family kind to you?

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Get a piece of paper and draw a kind person on it. Think about what they are doing or saying that makes them kind and label the picture.



## Watch It!

Enjoy this video (2:13) and think about how you can colour *your* world with kindness.



## Quoteable Quote

*'No act of kindness, however small, is ever wasted.'*

– The Lion and the Mouse, Aesop



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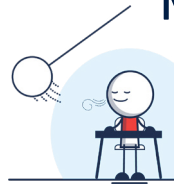
## Get Crafty!

Make paper flowers to give to someone else.



## Music Time

'Count on Me'  
by Bruno Mars.



## Mindful Moment

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



## Move It!

Have a go at this  
Repeat the Beat  
with GoNoodle.





## Set yourself up for success

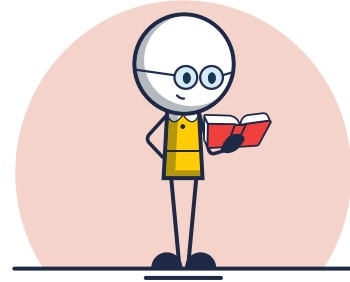
Take the time to think about and make a list of all the things you do that help you concentrate and feel good. They might include:

- 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.



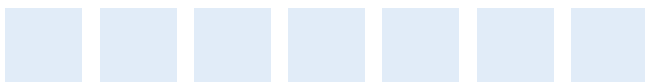
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## Three good things that happened this week:

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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