



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
6**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 4

Learn It!

Caregiving

Looking after somebody else can help you feel good. It might make you feel even better than when you only look after yourself.

On a piece of paper, write down or draw all the things you do to help look after the people in your house. Maybe you have a brother or sister that you say encouraging things to, or you help an adult prepare a meal or tidy up. What else could go on the list?

On the same piece of paper, write down or draw the things other people in your family do to look after you.

Reflect

Which helping thing makes you feel the best?
Why do you think this is?

Name something that someone else does for you that makes you feel good. Write this below and then tell that person how you feel.



Watch It!

Enjoy this video about how to use a gratitude jar, and have a go for your **Get Crafty!** activity.



Get Crafty!

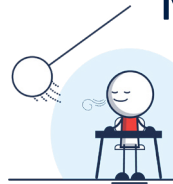


Notice when people help you - make a gratitude jar. Watch the 'watch it' story to find out more.



Music Time

'Look After You'
by Aron Wright.



Mindful Moment

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



Move It!

Have a go at this
melting movement
from GoNoodle.



Quoteable Quote

*'You have not lived today
until you have done
something for someone who
can never repay you.'*

— John Bunyan



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Set yourself up for success

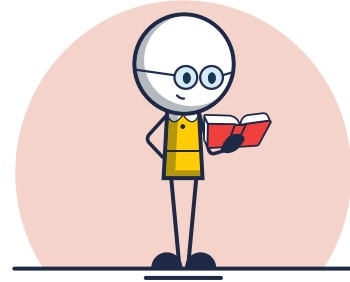
Take the time to think about and make a list of all the things you do that help you concentrate and feel good. They might include:

- 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.



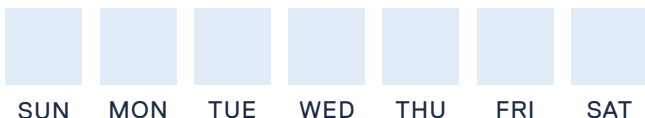
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Three good things that happened this week:

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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