



INSTITUTE OF  
**POSITIVE  
EDUCATION**



**WEEK  
6**

# **POSITIVE EDUCATION ENHANCED CURRICULUM**

WEEKLY WELLBEING  
PHASE 5

## Learn It!

### Character Development

Every person in the world has a mixture of the same good qualities inside of them. These things allow us to be our best, achieve things and help other people. They can include things like kindness, forgiveness and bravery.

Watch the following YouTube clip about 'The Science of Character'.



Use this link to look at this list of 24 positive human qualities. Write in the spaces below which 3 qualities represent you the most. Include an example of how you use each of them to be your best and to help other people.

1. \_\_\_\_\_

Example: \_\_\_\_\_

2. \_\_\_\_\_

Example: \_\_\_\_\_

3. \_\_\_\_\_

Example: \_\_\_\_\_



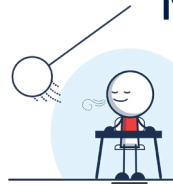
## Get Crafty!

Make a friendship bracelet for yourself or someone else.



## Music Time

'You've Got To Stand For Something'  
by Aaron Tippin.



## Mindful Moment

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



## Move It!

Join in and dance along  
to this: Just Dance -  
I Like to Move it.



## Watch It!

This video talks about doing things that are hard but that you want to do (like helping other people!).



## Quoteable Quote

*'We've all got light and dark inside us. What matters most is the part we choose to act on. That's who we really are.'*

– J.K. Rowling, Harry Potter and the  
Philosopher's Stone



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## Set yourself up for success

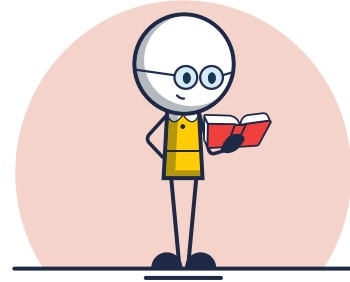
Take the time to think about and make a list of all the things you do that help you concentrate and feel good. They might include:

- 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.



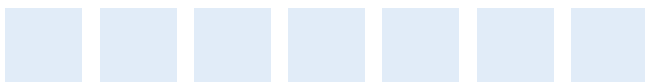
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## Three good things that happened this week:

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

## Sleep tracker:

How many hours of sleep did you get?



SUN MON TUE WED THU FRI SAT

## Reflection - my week:



## Itsy Bitsy Walk

**Energy:** Low

**Equipment:** None

**Duration:** 1 minute

Help younger students increase their focus and concentration with this coordination challenge.

Students do the 'itsy bitsy spider' movement by joining opposite thumbs to forefingers and rotating their hands around, cycling through the different fingers, i.e. matching their thumbs to each finger in turn.



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