



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
6**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 6

Learn It!

Mindsets

Consider your approach to working on the things you would like to achieve.



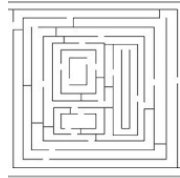
- Do you jump right in?
- Do you prefer to spend time thinking about your response or actions? Or
- Are you someone who puts things off to the last possible minute?

Reflect

On a piece of paper, write a response to each of the questions below. They could also be an interesting conversation starter with a family member or a friend.

- How do you react when you think something is going to be too hard, or you won't perform well enough?
- How do deadlines impact your engagement with a problem?
- Is your goal to get better at something or to do it perfectly every time?
- Would you rather appear confident or be confident?
- Who do you ask for help with: motivation, new skills or your understanding of something?

Get Crafty!



Make a maze for someone else to complete.

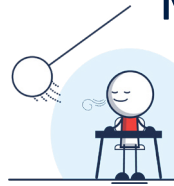


Music Time



'Learning'
by Jason Gray.

Mindful Moment



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



Move It!



Get moving with
this Zumba group
- Uptown Funk.



Watch It!

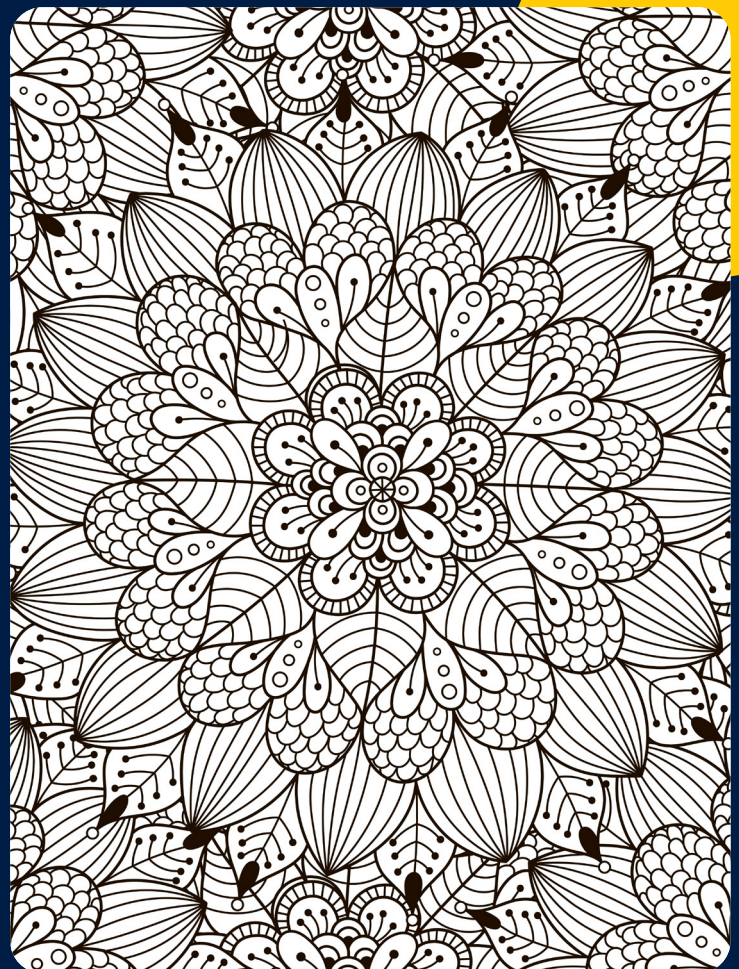
Watch this video about Fixed and Growth Mindsets. How does this connect with what your responses and thinking in **Learn It!**?



Quoteable Quote

*'People with the growth mindset
know that it takes time for
potential to flower.'*

– Carol Dweck





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?



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.

Three good things that happened this week:

1. _____

2. _____

3. _____

Sleep tracker:

How many hours of sleep did you get?



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.