



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
6**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 7

Learn It!

Core Values

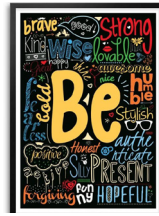


Watch this video about core values and complete the activity described below.

When we help others, acting in accordance with the beliefs we hold most deeply, we can feel both energised and calm.

Given the current challenges facing the whole world, what is something you could do to support those around you, that would also feel fulfilling to you?

Get Crafty!



Make a quote poster either with an inspiring quote, or the words you feel embody your core values.

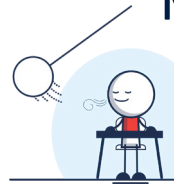


Music Time



'Love Can Build a Bridge'
by The Judds.

Mindful Moment



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



Move It!



Try the Dip Dance
Challenge.



Watch It!

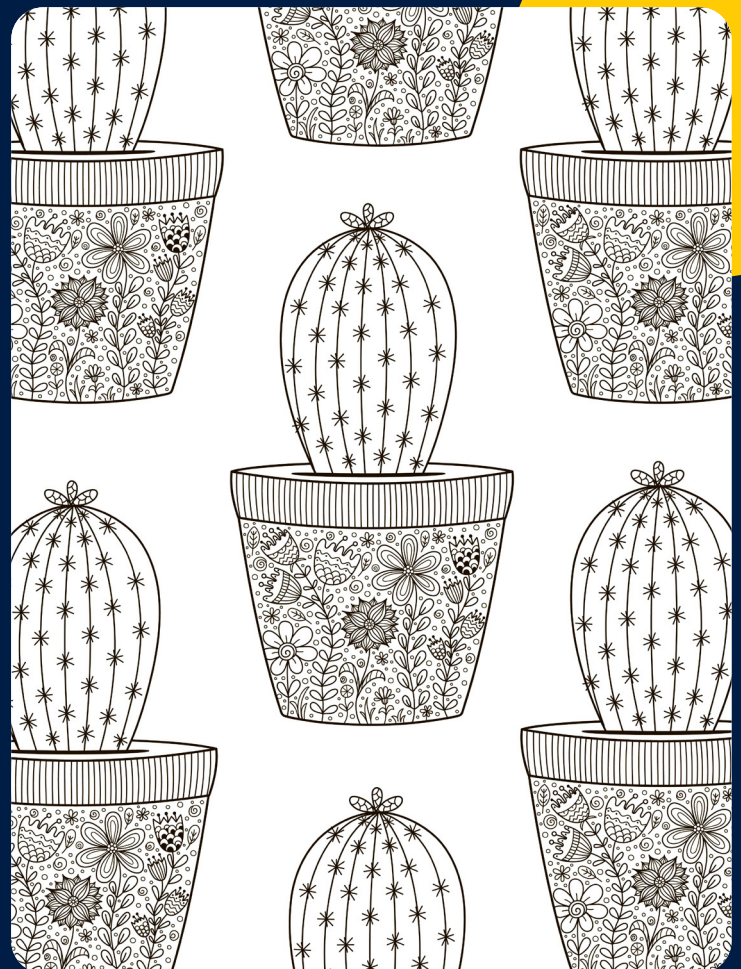
Watch Professor Lea Waters talk about savouring as a mental wellness strategy during COVID-19.



Quoteable Quote

*'Success in life means
living by your values.'*

– Russ Harris





Set yourself up for success

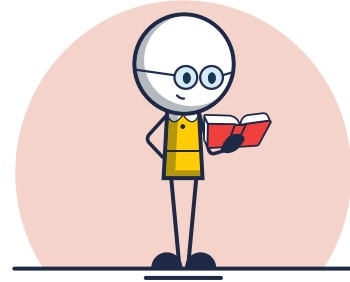
Take the time to think about and make a list of all the things you do that help you concentrate and feel good. They might include:

- 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?



INSTITUTE OF
**POSITIVE
EDUCATION**



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.



INSTITUTE OF
**POSITIVE
EDUCATION**

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.



INSTITUTE OF
**POSITIVE
EDUCATION**