



INSTITUTE OF  
**POSITIVE  
EDUCATION**



**WEEK  
10**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 1 (FOUNDATION)

## Learn It!

### Positivity

Have a think: What are some things you do that make you feel really happy? Circle two things in this list that you like doing.

Playing with a family member

Riding a bike

Reading stories

Running fast

Drawing pictures

Going outside

Building things

Singing songs

Playing board games

Imagining adventures

Think of one *more* thing that makes you really happy and draw yourself doing this below.



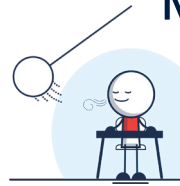
## Get Crafty!

Use some craft rolls or rolls from papertowel to create your own marble run!



## Music Time

'Best Day of My Life'  
American Authors.



## Mindful Moment

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



## Move It!

Do a tissue dance. Put on your favourite positive tunes and bust out your funkiest dance moves, all while trying to keep a tissue balanced on your head!



## Watch It!

Enjoy a story with  
the Story Podcast!  
(12:46)



## Quoteable Quote

*'If you have good thoughts  
they will shine out of your  
face like sunbeams and you  
will always look lovely.'*

— Roald Dahl



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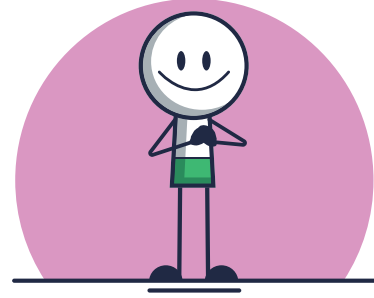
## Over to You

This is our final week of Remote Wellbeing Resources. We hope they have been interesting, empowering and enjoyable. Our final challenge to you – write down your top three strategies for your own wellbeing! Put this list somewhere you can see it easily.

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



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## Thanks

One of the ultimate wellbeing strategies is gratitude.

**Challenge:** Let five people know why you are grateful for them. They might be friends, family, teachers or people in your wider community.

Send them a message, or write them a note, explaining why you're grateful for them.



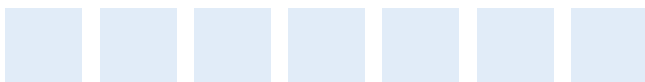
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## Three good things that happened this week:

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

## Sleep tracker:

How many hours of sleep did you get?



SUN MON TUE WED THU FRI SAT

## Reflection - my week:



## Juggling Balance

**Energy:** Medium

**Equipment:** Paper

**Duration:** 1 minute

Engage in this cross-lateral activity to stimulate brain function and learning, and enhance focus and balance.

Students stand on one leg and raise the other to a 90-degree angle with their knee bent. They then hold a scrunched-up ball of recycled paper beside their hip, using the same hand as the side with the raised leg.

Students throw the ball up into the air next to their raised leg and move their other hand under their raised leg to catch the ball.

Swap legs and repeat.



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