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EDUCATION**



**WEEK
10**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 2

Learn It!

Mindsets

Watch this episode of Mojo Dojo 'Growth Mindset for Students' (2:35).

In the YouTube episode, Mojo learns about working to get smarter.

What's something you never used to be able to do, but now you can?



Trying new things can be fun. What's something you would like to be able to do, but can't yet?

Do a handstand

Whistle

Hop across a room

Play an instrument

Make a cake

Or something else...?

Circle how you will feel when you work hard to learn how to do this.



Draw a picture of yourself doing this new thing.



Watch It!

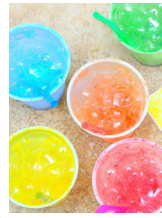
Enjoy this Sesame Street compilation on The Growth Mindset. (4:24)



Quoteable Quote

'It's kind of fun to do the impossible.'

— Walt Disney



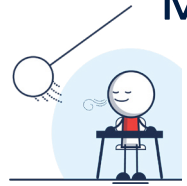
Get Crafty!

Create your own colourful designs and use them to make wrapping paper for a present or a card to give someone.



Music Time

'All Star' by Smash Mouth.



Mindful Moment

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



Move It!

Get Creative! Use an old box, some balls and the laundry basket to make this fun game to play!



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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.



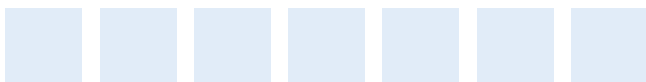
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Three good things that happened this week:

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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