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EDUCATION**



**WEEK
10**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 3

Learn It!

Creativity

Being creative means having ideas and thinking about things in a new way.

1. Write down one word that describes how you're feeling:

2. Pick up the book closest to you and open it to page 11. Write down the 3rd word on the page:

3. Go to page 15 and write down the 17th word:

4. Write down one word that you really like the sound of:

Write a short poem or a song about something that has happened this week. Make sure you include the three words you picked out.



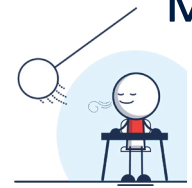
Get Crafty!

Get creative by using watercolours and images from old magazine to create a mixed media collage.



Music Time

'Cool Kids' by Echosmith.



Mindful Moment

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



Move It!

Build an obstacle course in your lounge room and see who in your family can complete it the fastest!



Watch It!

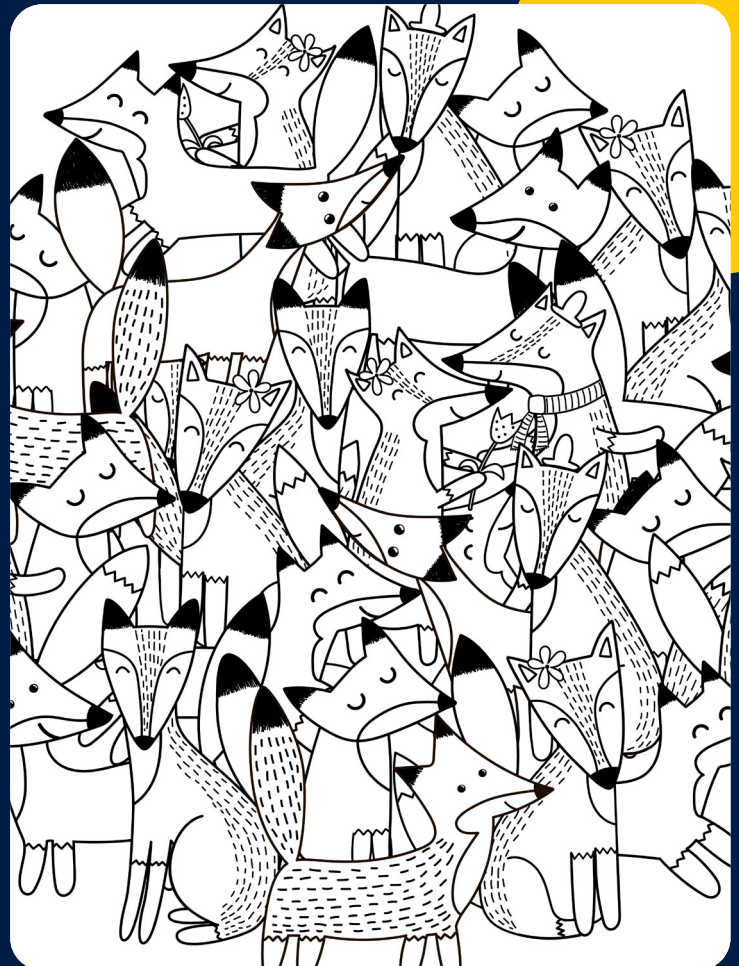
Get some poetry inspiration with 'The Fish that Couldn't Climb Trees.' (4:37)



Quoteable Quote

'You can't use up creativity. The more you use, the more you have.'

– Maya Angelou



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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.



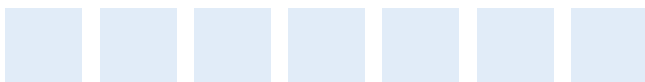
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Three good things that happened this week:

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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