



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
10**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 4

Learn It!

Leadership

Being a good leader means helping other people so you can all achieve your best.

Name someone you know who does this.

What do they do that helps other people achieve their goals?

How do you already help the people around you to achieve their best?

Plan one thing you can do or say in the next week that will help someone in your community see themselves in a more positive way.



Watch It!

Watch Kid President talk about Leadership!
(3:01)



Quoteable Quote

*'Leadership is action,
not position.'*

— Donald H. McGannon



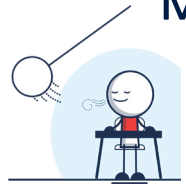
Get Crafty!

Make your own birdseed ornaments to hang in your backyard or to give to a nature-loving friend.



Music Time

'Viva la Vida'
by Coldplay.



Mindful Moment

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



Move It!

Place a small bowl of popcorn on the ground and see how many pieces you can pick up with your tongue by doing a pushup to lower yourself down!



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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. _____



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.

Three good things that happened this week:

1. _____
2. _____
3. _____

Sleep tracker:

How many hours of sleep did you get?



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.