



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
10**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 5

Learn It!

Physical Wellbeing

If we sit still for too long, our body and our brain can slow down. It's important to move around regularly to keep your body feeling good and your brain working well.

How have your teachers helped make sure you are moving around during the school day? Give two examples.

1. _____

2. _____

There are lots of creative things you can do to help remind you to move around when you're sitting at a desk for long periods of time. Maybe you could put your spare books in another room and do lunges on your way to get one, or set a timer for 20 minutes and do push-ups or jumping jacks every time it goes off.

Write your own plan for keeping active while learning. Make sure you include *what* you will do, *where* you will do it and *when*, or how often. You could include this in your homework routine.



Watch It!

Learn more about the benefits of exercise on your brain.



Quoteable Quote

*'Take care of your body.
It's the only place you
have to live.'*

— Jim Rohn



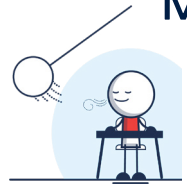
Get Crafty!

Use up some old bottles of nail polish to make an awesome marbled artwork.



Music Time

'I Believe' by
Yolanda Adams.



Mindful Moment

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



Move It!

Look after your physical wellbeing by putting on some high-energy music and doing this 10-minute HIIT workout.



INSTITUTE OF
**POSITIVE
EDUCATION**



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.