



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
10**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 6

Learn It!

Curiosity

Using curiosity helps us learn and focus more effectively. In order to be curious, we need to know a little bit of information about the thing we are learning about. Then, as we get new information, we add to our understanding. It's a bit like building a tower with new pieces going on top of existing ones.

Activity: Think of a person you know well, but haven't seen in a while.

Write down three curious questions you can ask them that will help you connect with them and learn more about them. They might be about how they are going and what they've been doing in the last few months, or about something they're doing in the future.

Person's name: _____

1. _____

2. _____

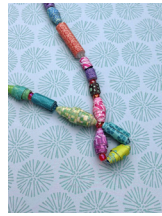
3. _____

Set up a time to talk with this person, and notice how your curiosity and engagement strengthens your connection!



Watch It!

Watch the very curious Mark Rober tackle Elephant Toothpaste! (11:27)



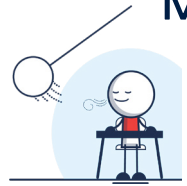
Get Crafty!

Get creative and have a go at this 'flow-inducing' craft. Turn recycled paper into a necklace to give someone.



Music Time

'Bird Set Free'
by Sia.



Mindful Moment

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



Move It!

Try some yoga,
swimming or running to
experience flow when
exercising. Or try this
Tai Chi class!



Quoteable Quote

*'Curiosity is the wick in
the candle of learning.'*

— William Arthur Ward



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.