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EDUCATION**



**WEEK  
10**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 7

## Learn It!

### Leadership

Leadership is about making things happen and supporting other people to be their best.

Reflect on the past month and identify two people who have shown great leadership. At least one should be a person you know, personally. List the people below and include an example of why you chose them.

1. Person: \_\_\_\_\_ Example: \_\_\_\_\_

2. Person: \_\_\_\_\_ Example: \_\_\_\_\_



Watch this Ted-Ed clip on Everyday Leadership (6:14).

Give two examples of how you have used your leadership skills recently by making things happen and supporting others to achieve goals.

1. \_\_\_\_\_

2. \_\_\_\_\_

People who have made our lives better and walk around not knowing it. Leadership is not about changing the world, but changing someone's understanding of what they're capable of.

Consider this new definition of leadership from the clip. Can you add a third person to your list of recent leadership examples, and could you consider sharing with them how they have changed your own understanding of what you're capable of?

\_\_\_\_\_  
\_\_\_\_\_

## Get Crafty!

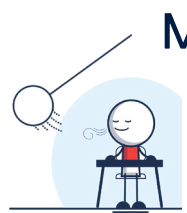


Get some supplies from your local variety store or craft supplier to create this wearable art!



## Music Time

'Now or Never' by Kendrick Lamar.



## Mindful Moment

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



## Move It!

Activate your mind and your muscles with these balance-training exercises.



## Watch It!



Enjoy this YouTube clip: 'Why Mindfulness is a Superpower.' (2:42)



## Quoteable Quote

*'Our greatest fear is not that we are inadequate, but that we are powerful beyond measure.'*

— Marianne Williamson



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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.



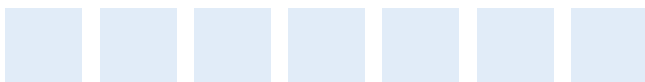
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## Three good things that happened this week:

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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