



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
7**

POSITIVE EDUCATION ENHANCED CURRICULUM

WEEKLY WELLBEING
PHASE 1 (FOUNDATION)

Learn It!

Kindness & Connection

Ask your parents or carers if you can watch this video about Joy the dog (4:05).



Joy is kind when they help the hungry bird. Can you think of something that you already do that is kind?

What's something else you could do today that's kind?

Draw a picture of what this kind thing will look like. Include a picture of yourself, to show how you will feel!

Get Crafty!



Use paper and string to make a 'Long Distance Hug' to post to someone.



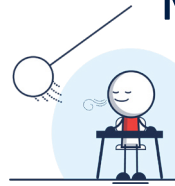
Music Time



'Kindness' by the Juicebox Jukebox.



Mindful Moment



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



Move It!



Dance along with Koo Koo Kangaroo - Awesome Rainbows!



Watch It!



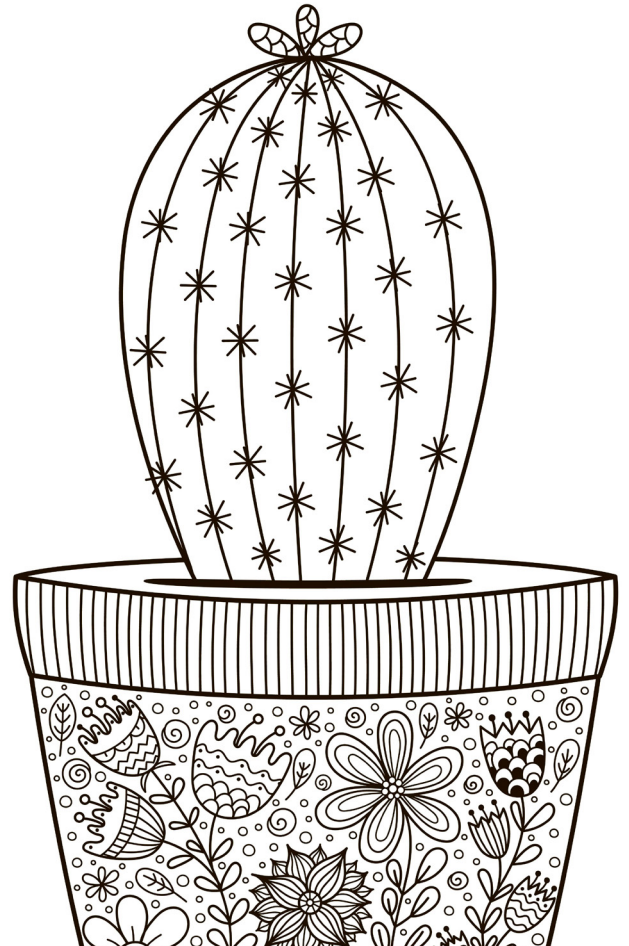
Enjoy this story - I Like Myself (2:21).



Quoteable Quote

'No act of kindness, however small, is ever wasted.'

— The Lion and the Mouse, Aesop





Reflect

Take some time to think back over the last few weeks. Can you share with someone else the hard things and the good things that have happened? You might like to;

- Draw a picture
- Write a song
- Perform a poem
- Make a collage
- Share a photo album
- Write a letter
- Have a conversation
- Draw a comic
- Make a video



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Stretch It

Experts recommend standing and moving for a few minutes every hour or so. Can you stretch your body, moving all your muscles and loosening up?



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Three good things that happened this week:

1. _____
2. _____
3. _____

Sleep tracker:

How many hours of sleep did you get?



Reflection - my week:



Itsy Bitsy Walk

Energy: Low

Equipment: None

Duration: 1 minute

Help younger students increase their focus and concentration with this coordination challenge.

Students do the 'itsy bitsy spider' movement by joining opposite thumbs to forefingers and rotating their hands around, cycling through the different fingers, i.e. matching their thumbs to each finger in turn.



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