



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
7**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 2

Learn It!

Grit & Persistence

Sometimes things we want take a lot of work. Watch this story about Peep and the sunflower seed (8:50).



When other people told Peep to give up, he worked harder. What's something you are working hard for?

Write down three ways you can stay positive when things get tough:

1. _____
2. _____
3. _____



Watch It!



Watch this animated song: 'I'm Not Going to Quit'.



Quoteable Quote

'Do not judge me by my success, judge me by how many times I fell down and got back up again.'

– Nelson Mandela

Get Crafty!

'Use your grit and persistence to recycle a cardboard box and use some wool to create a circle weaving!'



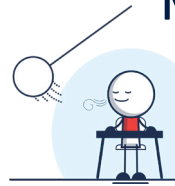
Music Time

Shakira - 'Try Everything' from Zootopia.



Mindful Moment

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



Move It!

Floss with Bluey - can you teach someone else?





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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