



INSTITUTE OF  
**POSITIVE  
EDUCATION**



**WEEK  
7**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 5

## Learn It!

### Curiosity & Interest

People who are curious like to connect something they know with something they don't know...like what's going to happen next in a book you're reading, or how to solve a problem in a game.

When we are learning things like chemistry, our brain sticks together the bits we understand with the bits we don't understand yet. If we use our curiosity and think "what if...?" or "I wonder...?", learning can be more engaging. Curiosity can be exciting and can motivate us to find out more about something. It's also what helps us find things that really interest us.

What are you curious about or excited to try?  
Finish this sentence:

I wonder why \_\_\_\_\_

\_\_\_\_\_

How could you find out more about it?

\_\_\_\_\_

Share your findings with someone else!



## Watch It!

Pick an episode from the podcast Brains One that sounds interesting & listen to it!



## Quoteable Quote

*'The important thing is not to stop questioning. Curiosity has its own reason for existing.'*

– Albert Einstein



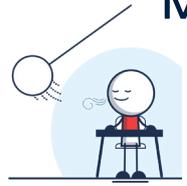
## Get Crafty!

Make a marble run track (check with an adult first!)



## Music Time

'Malibu' by Miley Cyrus.



## Mindful Moment

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



## Move It!

Get creative with your wardrobe with this 'Choose Your Character Quaranteen Edition' challenge.





## 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



## 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?

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.