



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
7**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 6

Learn It!

Kindness & Connection



Watch the short film 'The Present' (4:18).

Sometimes when people feel insufficient, or like they are not good enough, they can become defensive. This can cause them to act in a way that prevents other people from getting close to them.

What aspects of the main character's behaviour demonstrates this?

Connecting with someone (or something!) else can help. Small acts of kindness can be very powerful in showing people they are good enough, just the way they are.

What small acts of kindness do you already perform, to connect with other people?

Write one new kind idea below, to help connect with others.

Get Crafty!



Make a mug muffin for someone in your house.



Music Time

'Everyone Deserves Music' by Michael Franti.



Mindful Moment

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



Move It!

Master the 'One Hand' Challenge.



Watch It!



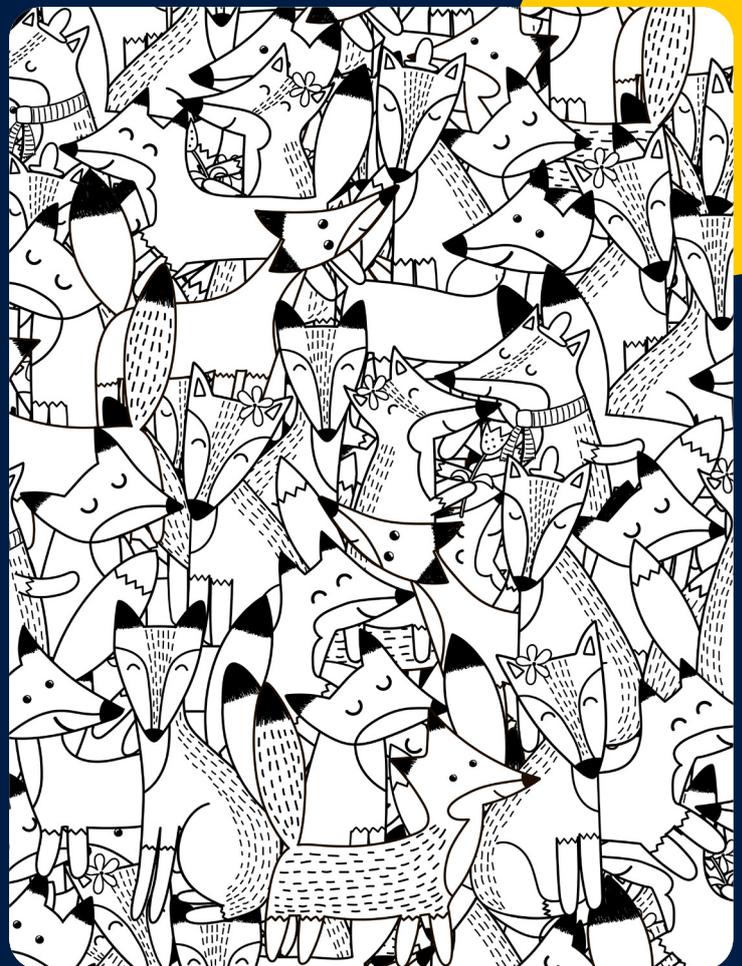
Watch this short clip about the research on random acts of kindness.



Quoteable Quote

'I speak to everyone in the same way, whether he is the garbage man or the president of the university.'

– Albert Einstein





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. _____

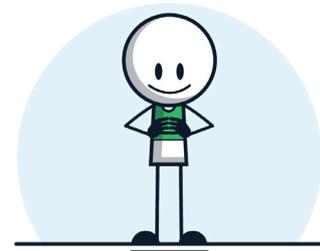
3. _____

Sleep tracker:

How many hours of sleep did you get?



Reflection - my week:



Mr Burns

Energy: Low
Equipment: None
Duration: 1 minute

Enhance students' focus and concentration in this quick coordination-based activity.

Students start by tenting their fingers together, with opposite thumbs and fingertips touching. They then separate and re-touch fingers, one-by-one or in a pattern.

Challenge: Speed is key! Encourage students to move quickly and create their own patterns.