



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
7**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 7

Learn It!

Grit & Persistence



Watch the video about famous failures (2:58). Many people who have had extraordinary success have also had extraordinary failures along the way.

What is something you have found challenging, but have kept trying at?

What is it about this thing that helps you keep going?
Why are you able to be persistent?

What is something that you found hard and felt like giving up?

How could you approach this challenge differently?

Get Crafty!



Practice your Persistence and make a Zentangle.



Music Time



'Float On' by Modest Mouse.

Mindful Moment



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



Move It!



Join other members of your household and throw some shapes.



Watch It!



Enjoy this TedTalk on 'Grit' by Angela Duckworth.



Quoteable Quote

'Many of life's failures are people who did not realise how close they were to success when they gave up.'

– Thomas Edison





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:



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.