



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
8**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 1 (FOUNDATION)

Learn It!

Character Development

Did you know that every person in the whole world is special and has superpowers? Not the sort of powers where you can fly, but the sort where you can look after other people and help them feel better.

Ask your parents or carers if you can watch 'I Am Special' by Grover (3:20).



What are some of your superpowers? Draw a circle around the special qualities that you have inside of you that make you feel good.

Bravery

Curiosity

Kindness

Teamwork

Love

Hopefulness

Playfulness

Creativity

On a separate piece of paper, draw a picture of you using your superpowers. How are you using them to look after other people?



Watch It!

Enjoy this story, called 'I am Special, I am Me!' (7:48).



Quoteable Quote

'The final forming of a person's character lies in their own hands.'

– Anne Frank



Get Crafty!

Have fun making this edible flower bouquet using skewers and fruit!



Music Time

'Boom Chicka Boom' by The Kidboomers.



Mindful Moment

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



Move It!

Get your boogie on with the 'Body Boogie Dance' by the Learning Station.



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Strategies for Iso Living

Researchers suggest trying these strategies to help your brain adapt to new stressors.

- Practice Mindfulness.
- Talk to people – text communication doesn't cut it! Call or video chat with someone as well.
- Get outside for at least 20 minutes every day.
- Make sure you have a good sleep routine, with a consistent bedtime and no screens for an hour before you close your eyes.
- Move for 10 minutes every 2 hours – exercise helps your brain stay healthy and engaged.
- Eat healthy snacks.
- Drink plenty of water.



Clean, consolidate and de-clutter

Make some time this week to organise your workspace. Throw out and recycle anything you don't need any more, freshen up any displays you have on your walls and make sure the floor is clean.

A neat space helps your brain relax and function better!

Three good things that happened this week:

1. _____
2. _____
3. _____

Sleep tracker:

How many hours of sleep did you get?



Reflection - my week:



Thumb Challenge

Energy: Low
Equipment: None
Duration: 1 minute

Students stand and watch the teacher demonstrate the dexterous thumb-pointing challenge.

Students then attempt the challenge, having multiple turns and trying to improve their speed and coordination.

To perform the thumb pointing challenge – with one hand, simply clench your fist and give a 'thumbs up' sign. With your other hand, keep your thumb tucked in and point your pointer finger directly at the raised thumb.

On 'switch', simply reverse positions, with the opposite hand now pointing at the opposite raised thumb. Simply alternate between these two positions and you are doing the thumb challenge!