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**POSITIVE  
EDUCATION**



**WEEK  
8**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 2

## Learn It!

### Emotional Intelligence

Watch the video about understanding your emotions (6:47).



Sometimes we 'flip our lid' when things get a bit too much for us. Can you make your hand into a brain, like in the video? Try opening your hand up – like you're flipping your lid.

Write about a time when you have 'flipped your lid'.

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How could your 'upstairs' brain to help you be a peaceful problem solver next time?

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## Get Crafty!



Use paper, cardboard and textas to create a 'mad' or 'glad' monster.

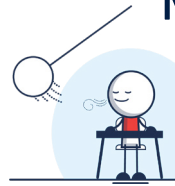


## Music Time



'Banana Pancakes'  
by Jack Johnson.

## Mindful Moment



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



## Move It!



Try the 'KIDZ  
BOP Shuffle'!



## Watch It!



Enjoy this video  
- 'Emotions' by  
Storybots! (11:08).



## Quoteable Quote

*'Let's not forget that the  
little emotions are the great  
captains of our lives and we  
obey them without realising it.'*

– Vincent van Gogh





## 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.



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## 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!



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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:



## 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!



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