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**POSITIVE
EDUCATION**



**WEEK
8**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 3

Learn It!

Kindness & Connections

First, watch the recording of the story 'How Full is your Bucket?' (6:33)



On a piece of paper, draw a picture of a bucket.

Inside the bucket, draw all the things that fill your bucket. They might be: people, games, pets, nice words, something at school or home...or anything at all.

On the back of the piece of paper, draw a bucket for each of the people who live in your house. Draw some of the things that fill their buckets!

How does it feel when you help fill someone else's bucket?



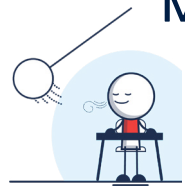
Get Crafty!

Grab some fun supplies and create some 'Kindness Rocks' to hide for other people to discover while they're on a walk.



Music Time

'We're Going To Be Friends' by The White Stripes.



Mindful Moment

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



Move It!

Have fun with this 'Family Fun Cardio Workout'!



Watch It!



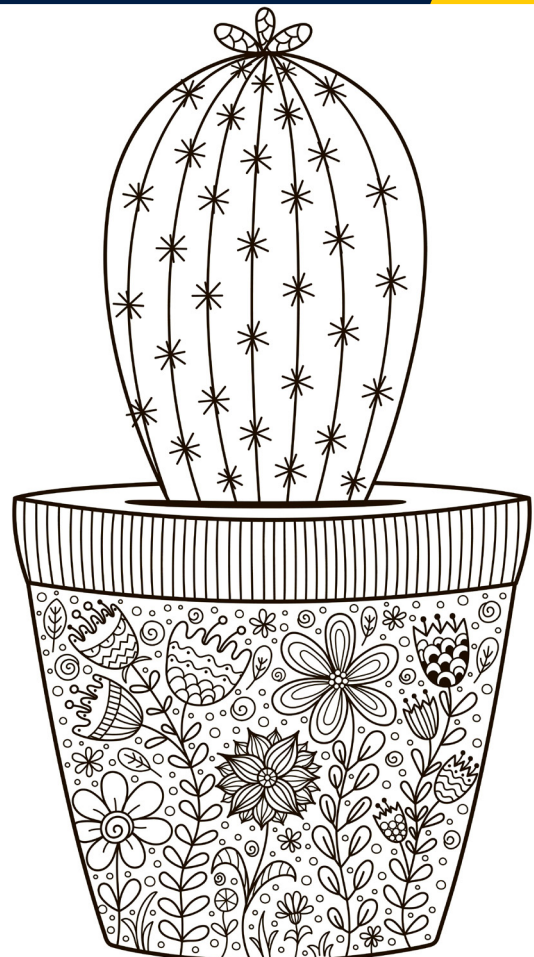
Enjoy watching this 'Kindness Boomerang' video (5:44).



Quoteable Quote

'How wonderful it is that nobody need wait a single moment before starting to improve the world.'

– Anne Frank



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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.



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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!



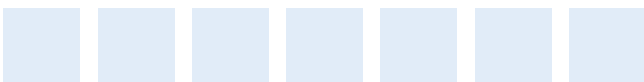
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Three good things that happened this week:

1. _____
2. _____
3. _____

Sleep tracker:

How many hours of sleep did you get?



SUN MON TUE WED THU FRI SAT

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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