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**WEEK  
8**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 4

## Learn It!

### Mindset

Watch the video 'Developing a Growth Mindset' (5:37). In this video, Dr Nagler says that mistakes are a great way to learn. Mistakes help us move closer to a better solution.



Name a mistake you made that helped you to learn something.

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How do you feel when you make a mistake in class?

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What could you say to yourself next time you make a mistake, to help you remember how much you like to learn?

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## Watch It!

Enjoy this clip about Fixed & Growth Mindsets (5:03).



## Quoteable Quote

*'Would you like me to give you a formula for success?  
It's quite simple, really.  
Double your rate of failure.'*

– Thomas Watson



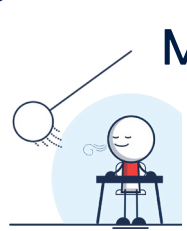
## Get Crafty!

Use your Growth Mindset and some paper to create this origami lion!



## Music Time

'Firework' by Katy Perry.



## Mindful Moment

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



## Move It!

Watch these 'Baby Shark' remix dances and then make up your own!



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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!



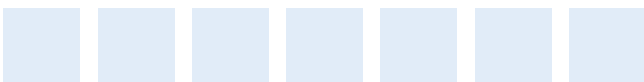
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## Three good things that happened this week:

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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