



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
8**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 6

Learn It!

Gratitude



Watch this clip about a gratitude experiment (1:35).

Researchers have found that writing a gratitude letter to someone can have a big impact on our own wellbeing, even 6 months later.

Why do you think writing a gratitude letter has such a big impact?

Who could write a gratitude letter to?

On a separate piece of paper, hand write (no typing!) a gratitude letter to someone. You might then like to read it to them, post it, or scan it and send a picture.



Watch It!

Enjoy watching Kid President's '25 Reasons to be Grateful' (3:46).



Quoteable Quote

'Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts.'

– Henri Frederic Amiel



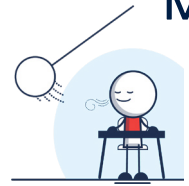
Get Crafty!

Make this 'Easy Oat Slice' and give it to someone to show you're grateful for everything they do.



Music Time

'Tokyo' by The Wombats.



Mindful Moment

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



Move It!

Can you recreate this TikTok with someone in your family?

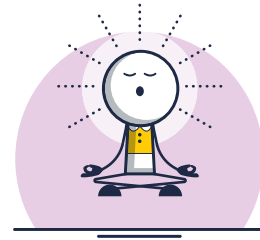




Strategies for Iso Living

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!