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**POSITIVE
EDUCATION**



**WEEK
9**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 1 (FOUNDATION)

Learn It!

Creativity

In your house, try to find:

- ☐ 1 thing that is green
- ☐ 2 things that are heavy (don't move them!)
- ☐ 3 things that are round
- ☐ 4 things that are yellow

Draw a picture that includes 4 of these objects. Practice being creative by thinking of a way these objects could be used together to help someone.



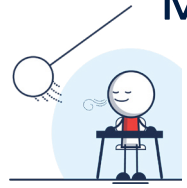
Get Crafty!

Pick up some fallen leaves and flowers on your next walk outside to create a nature owl.



Music Time

'I Make My Own Sunshine' by Chelsea Basham.



Mindful Moment

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



Move It!

Pump up your energy levels with this fun Zumba dance!



Watch It!



Enjoy this song about imagination with the Singing Lizard!



Quoteable Quote

'You can't use up creativity. The more you use, the more you have.'

– Maya Angelou



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Marking Time

Creating a new tradition can help us during difficult times. Choose an idea that might work for your family and give it a go!

- Noticing how someone has helped you and thanking them
- Sharing something you're grateful for at the start of a meal
- Reflecting on the week and your achievements
- Writing or drawing something as a family
- Having a movie night
- Cooking together
- Looking at old photos and sharing stories

Create your own tradition and share it with others!



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Connect Again

Is there someone you haven't spoken to in a while? Think of three new people to connect with this week. Then, send them a letter, a text, an email, or even call them on the phone to check in.



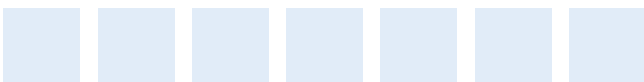
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Three good things that happened this week:

1. _____
2. _____
3. _____

Sleep tracker:

How many hours of sleep did you get?



SUN

MON

TUE

WED

THU

FRI

SAT

Reflection - my week:



Winks

Energy: Low

Equipment: None

Duration: 1 minute

Improve focus and concentration with this simple, fast-paced exercise.

Students wink their left eye then click their right fingers and swap, repeating the process.

Challenge: Do this as quickly as possible.



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