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EDUCATION**



**WEEK  
9**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 2

## Learn It!

### Kindness & Connections

What this short clip from ClassDojo (4:48).

When Mojo gets worried, he yells at his friends and they get upset.

Why was Mojo worried?

Do you think his friends were worried too?

☐ Y ☐ N

Write something kind that Mojo could have said instead.

When you get worried about something, how can you practice being kind as well?



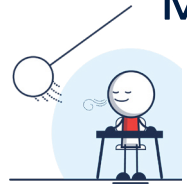
## Get Crafty!

Use some old egg cartons, paint and glue to create a flower wreath to give someone.



## Music Time

'We're Going To Be Friends' by Jack Johnson.



## Mindful Moment

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



## Move It!

Dance along with the Kidz Bop crew!



## Watch It!



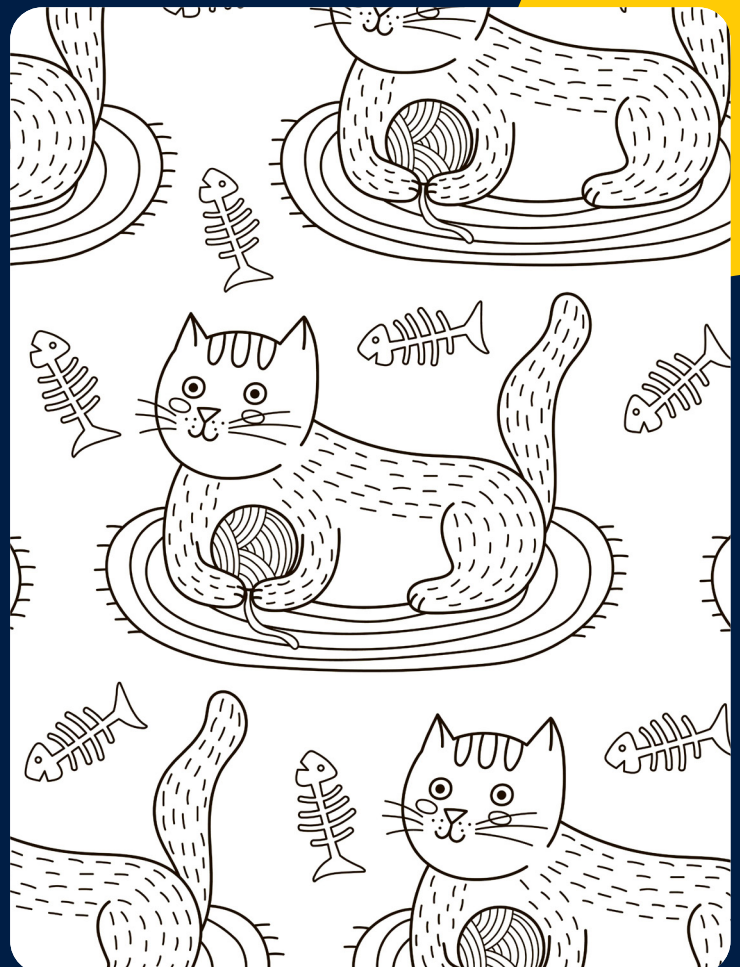
Do you agree with what these kids think kindness is?



## 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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## 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?



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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