



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
9**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 3

Learn It!

Resilience

Watch this short clip from ClassDojo (4:19).

In the video, Katie is learning about 'the dip', where learning feels too hard and not fun.

What do you think - is Katie in 'the dip'?

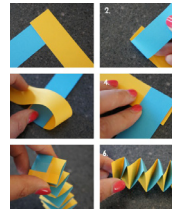
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Why do you think that?



Write about a time when you felt this way before – when learning was not fun, and you wanted to give up.

Sometimes asking for help, or knowing that other people feel like this too, can help us be resilient and push through hard times. What helps you be resilient and keep trying?



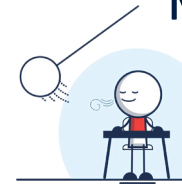
Get Crafty!

Use paper to make some springy worms to show how we can 'bounce back' from difficult situations. See which worm length bounces best!



Music Time

'Don't Stop' by Fleetwood Mac.



Mindful Moment

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



Move It!

Have fun singing and dancing to 'Best Day of My Life.'



Watch It!



Learn more about resilience with this short clip (2:52).



Quoteable Quote

'I am not afraid of storms, for I am learning how to sail my ship.'

– Little Women, L.M. Alcott



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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!



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.

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.