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EDUCATION**



**WEEK
9**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 4

Learn It!

Curiosity & Interest

Set a timer for 3 minutes. On a separate piece of paper, write down as many things as you can think of in 3 minutes that you are curious about learning more about. They can be big things or small things, silly things or sensible things.

When you have finished, look at all the things on your list and circle the 3 things you are most interested in.

How are these top 3 things similar?

How could you find out more about them or spend more time doing them?

On the back of your list, write a story or draw a picture about what you would look like and feel like if you spent more time doing these things that you are interested in learning more about.



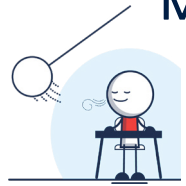
Get Crafty!

Recycle your plastic milk bottles with this fun craft.



Music Time

'Right Here Waiting' by Richard Marx.



Mindful Moment

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



Move It!

Throw it back like it's 2015 and learn to 'Whip' and 'Nae Nae'.



Watch It!



Get curious with these questions that no-one knows the answer to.



Quoteable Quote

'Curiosity is the wick in the candle of learning.'

— William Arthur Ward



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Marking Time

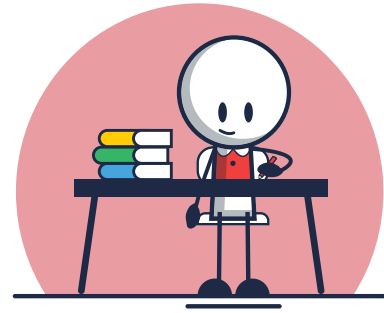
Creating a new tradition can help us during difficult times. Choose an idea that might work for your family and give it a go!

- 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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