



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
9**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 5



Learn It! Self-Control

If we practice using self-control every day, it can make it easier to use self-control when we are stressed or tired.

Write something you would like to have better self-control with, to use as a goal. E.g. studying, cleaning, the way you talk to someone or the way you talk to yourself..

Watch the YouTube clip (1:53).

On another piece of paper, write the 5 techniques shown and your own example or definition for each one.

Identify the technique that feels the most helpful for your self-control goal. Explain why you chose this technique.

Technique: _____

Reason: _____



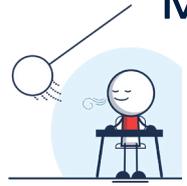
Get Crafty!

Get creative with some old toys and create your own stop motion music video!



Music Time

'Fader' by
Temper Trap.



Mindful Moment

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



Move It!

Grab a skipping rope
and challenge your
body and mind with
this TikTok routine.



Watch It!



Enjoy this video
from Mark Rober
on seeing germs.



Quoteable Quote

*'With self-discipline most
anything is possible.'*

– Theodore Roosevelt



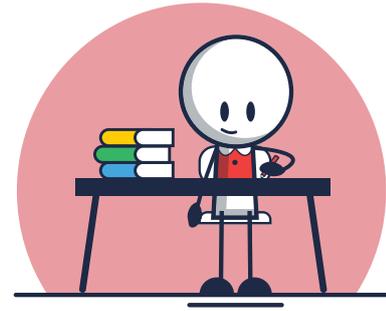


Marking Time

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.