



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
9**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 6

Learn It!

Flow & Engagement

In the 'watch it' video, Diane Allen describes being in the state of flow as "when we feel our best and perform our best".

When we're in flow, we're less conscious of what is going on around us, and are more creative and productive. Name 2 things you find enjoyable and engaging that help you lose track of time.

Research shows there are things we can do to help us get into flow, such as removing distractions or listening to music. Diane calls these her 'flow strategy'. List 3 things you can do that help you focus and feel engaged:

1. _____

2. _____

3. _____

What is something you would like to find more enjoyable and engaging?

For this specific activity, explain a 'flow strategy' you can try next time.



Watch It!

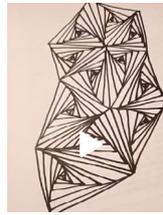
Watch Diane Allen describe the flow state (13:03).



Quoteable Quote

'...those who experience flow more often, regardless of context, are more involved and more satisfied with their lives.'

– Mihaly Csikszentmihalyi



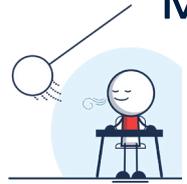
Get Crafty!

Try this 'Swirling Triangles' drawing tutorial on TikTok.



Music Time

'Time Is On My Side' by The Rolling Stones.



Mindful Moment

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



Move It!

Have a go at the choreography for BTS 'On'.



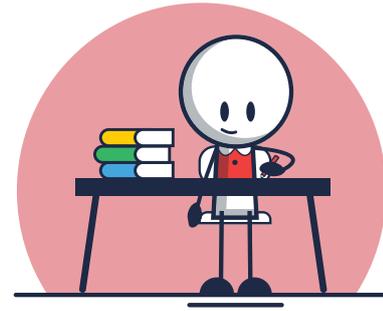


Marking Time

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.