



INSTITUTE OF  
**POSITIVE  
EDUCATION**



**WEEK  
9**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 7

## Learn It!

### Self-Control



Self-control is a finite resource and can run out if we try and use it too often (or when we're tired), or if we never practice using it at all.

Watch the clip about forming good habits (6:10). Then:

1. Write down a goal you have. This might be educational, social, emotional, physical, mental, spiritual...

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2. Can you some of the challenges you might face in reaching this goal? These could be habits you already have.

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3. Identify a habit you can draw on to help stay on track, rather than being stalled by one of these challenges.

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4. How can you remind yourself of this more helpful habit? Because I hope to (goal) \_\_\_\_\_, instead of (challenge) \_\_\_\_\_ I will (new habit) \_\_\_\_\_, which will help ensure (future outcome) \_\_\_\_\_.



## Watch It!

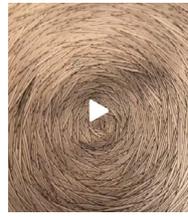
Enjoy this Crash Course video about Motivation (11:19).



## Quoteable Quote

*'Prudent, cautious  
self-control is wisdom's root.'*

– Robert Burns



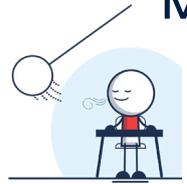
## Get Crafty!

Grab paper and a pen, and follow these easy instructions to make an impressive artwork.



## Music Time

'Baby Boomerang'  
by the Shins.



## Mindful Moment

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



## Move It!

Feel like you've  
conquered every dance  
on TikTok? Try this one  
for a challenge!



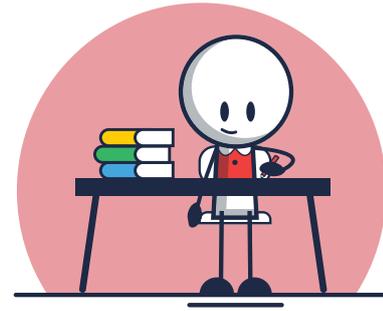


## Marking Time

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.