



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
1**

POSITIVE EDUCATION ENHANCED CURRICULUM

WEEKLY WELLBEING
PHASE 4 (YEARS 5-6)

Learn It!

Resilience

What happens to a ball when it hits the ground? The ball may not always travel in the direction or the speed you want it to.

Imagine you are like the ball. Sometimes difficult things happen and we hit the ground – but we can bounce! Instead of going in a random direction, we can always aim to bounce forward. We can do this by knowing different things we can do when something difficult happens.

Trace around your hand on a piece of paper. Each finger will represent an internal resource, which means something you can do *yourself* to bounce back when you face tough times. For example, listen to a fun song, play a game or talk someone.

Take time to identify things you can do to bounce back and record one on each finger on your hand drawing.

Mindful Moment



Kids Explain
Mindfulness

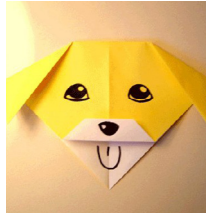


Quotable Quote

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

– Little Women, L.M. Alcott –

Get Crafty!



Use a piece of
recycled A4 paper
to have fun with this
'Talking Dog' origami



Podcast



'Try, Try, and Try
Again' by Peace
Out



Move It!



Indoor Recess
Zumba Dance
Party



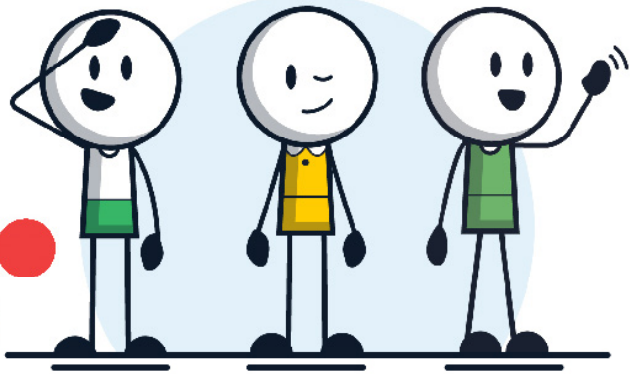
Music Time



'Get Back Up Again' (Trolls)
by Anna Kendrick



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Saying Hello!

Instead of a hug, have fun saying hello to your friends in a different way.



Wash Your Hands

1. Wet your hands.
2. Use soap.
3. Rub the soap all over your hands while you sing the alphabet song twice.
4. Rinse your hands in running water.
5. Dry your hands with paper towel.

Three Good Things That Happened This Week:

1. _____
2. _____
3. _____

Sleep Tracker

How many hours of sleep did you get?

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Sun Mon Tue Wed Thu Fri Sat

Reflection: My Week



Itsy Bitsy Walk

Energy: Low
Equipment: None
Duration: 1 minute

Help younger students increase their focus and concentration with this coordination challenge.

Students do the 'itsy bitsy spider' movement by joining opposite thumbs to forefingers and rotating their hands around, cycling through the different fingers, i.e. matching their thumbs to each finger in turn.