



INSTITUTE OF  
**POSITIVE  
EDUCATION**



**WEEK  
4**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 1 (FOUNDATION)

## Learn It! Self-Control

We all have difficult feelings sometimes. Ask your parents or guardians if you can watch this YouTube clip. Listen for the things some people do when they experience difficult feelings like anger.



Which strategies would you like to try today?

- Count to three
- Take a deep breath
- Cross your arms
- Say 'stop' to yourself
- Spend time by yourself

Choose a difficult feeling and create a poster to remind you to use your chosen strategy. Find a good place to display the poster. For example, your desk, bedroom or the fridge. Difficult feelings could include:

- Anger
- Frustration
- Sadness
- Disappointment



## Get Crafty!

Make some edible feelings faces using rice cakes, nut or nut-free spread and some fruit!



## Music Time

'Firework'  
by Katy Perry



## Mindful Moment

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



## Move It!

Koo Koo Kanga  
Roo: Shake Yo  
Foot.



## Watch It!

"Emotions" -  
StoryBots Super  
Songs Episode 8 |  
Netflix Jr.

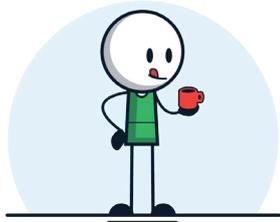


## Quoteable Quote

*'Feelings come and feelings go.  
I never know what they'll be.  
Silly, angry, happy or sad,  
They're all a part of me!'*

- The Way I Feel, Janan Cain





## Try Something New!

Now is a great time to get creative in the kitchen!

- Make your own playdough
- Test out some different slime recipes
- Create some fruit rockets using skewers
- Bake some cookies
- Make a mug brownie
- Choose a new recipe for dinner
- Make some tasty protein balls
- Design your own tortilla pizza



## Stay Strong!

Top tips on staying healthy from the experts:

- Set up a daily routine
- Keep active
- Eat healthily
- Stay connected

Three good things that happened this week:

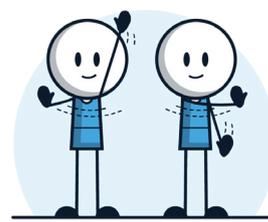
1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

### Sleep tracker:

How many hours of sleep did you get?



Reflection - my week:



## Hand Shake

Energy: Low

Equipment: None

Duration: 1 minute

Increase students' focus by engaging in an activity that requires concentration and coordination.

Students stand with their arms extended in front of them and their palms facing away from their body, as if gesturing for someone to stop.

Students simultaneously move their right hand left-to-right and their left hand up and down, then swap.

**Challenge:** Students see how quickly they can complete these movements or call out 'swap!' at random intervals.