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**POSITIVE
EDUCATION**



**WEEK
5**

POSITIVE EDUCATION ENHANCED CURRICULUM

WEEKLY WELLBEING
PHASE 1 (FOUNDATION)

Learn It!

Curiosity and Interest

Did you know that asking other people questions about themselves and listening to their answers helps to make you a really good friend? Think of a question you can ask someone right now. You could even call or FaceTime one of your grandparents and ask them something!



Ask your parents or guardians if you can watch this YouTube clip about the book 'If' by Sarah Perry.

Make up your own a 'What If' question of your own and draw a picture about it.

What if... _____



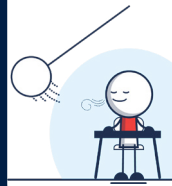
Get Crafty!

Use some coffee filters, texas and pipecleaners to make some flowers for a neighbour.



Music Time

'Possibilities' by Teresa Jennings



Mindful Moment

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



Move It!

Just Dance 2020: High Hopes.



Watch It!

'Sesame Street: Follow Your Curiosity



Quoteable Quote

'Those who don't who don't believe in magic will never find it.'

– The Minpins, Roald Dahl



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Be the Good!

We're all able to do something good for others!

- Give someone you live with a big hug
- FaceTime your grandparents to say hello
- Donate to a local hospital or charity
- Tell your parents, carers and teachers that they're appreciated
- Send a nice note or card to a friend
- Sew facemasks and donate them
- Write a gratitude letter



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Boost Your Body!

Top tips from experts to keep your body healthy:

- Keep moving and active
- Eat fruits and vegetables
- Get plenty of sleep
- Do mindfulness practices



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Three good things that happened this week:

1. _____
2. _____
3. _____

Sleep tracker:

How many hours of sleep did you get?



Reflection - my week:



Juggling Balance

Energy: Medium

Equipment: Paper

Duration: 1 minute

Engage in this cross-lateral activity to stimulate brain function and learning, and enhance focus and balance.

Students stand on one leg and raise the other to a 90-degree angle with their knee bent. They then hold a scrunched-up ball of recycled paper beside their hip, using the same hand as the side with the raised leg.

Students throw the ball up into the air next to their raised leg and move their other hand under their raised leg to catch the ball.

Swap legs and repeat.



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