



**WEEK
2**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 1 (FOUNDATION)

Learn It!

Mindsets

Ask your parents or guardians if you can watch the following clip: 'Sesame Street: Kids Talk About New Things' (2:00).



Have a think...

Why is it important for us to try new things?

Choose something new to try. You could:

- play a new musical instruments
- use a skipping rope
- create a puppet play using your toys
- use a hula-hoop
- draw a picture with your toes

Draw yourself trying this new activity. Make the sure expression on your face shows how you are feeling!



Get Crafty!

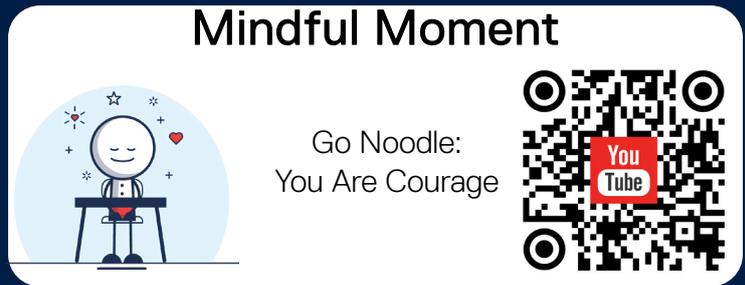
Use some paper and glue to try something new by making a paper chain caterpillar!



Music Time

'Try Everything'

by Shakira



Mindful Moment

Go Noodle:
You Are Courage



Move It!

Have fun with this dance!
Koo Koo Kangaroo:
'All I Eat is Pizza'



Story Time!

Will Lola try something new?
'I Will Not Ever
Never Eat a
Tomato' by
Lauren Child.

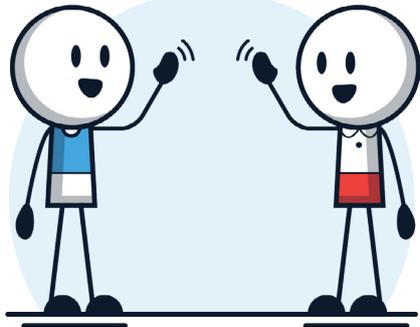


Quotable Quote

'The only true failure can come if you quit.'

– Rosie Revere, Engineer; Andrea Beaty –





Stay Connected!

It's important to stay connected socially, even though we're separated physically. Try the ideas below:

- Skype/Zoom someone while eating lunch
- Video call a friend to teach them a new skill, e.g. a recipe or a TikTok dance
- Use the Netflix party function to watch a favourite movie with friends
- Play a boardgame with family at home



Cover Your Cough!

Dabbing might be so 2016... but in 2020 covering your coughs with your elbow is totally lit.



Three Good Things That Happened This Week:

1. _____

2. _____

3. _____

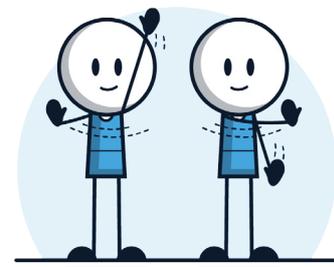
Sleep Tracker

How many hours of sleep did you get?

<input type="text"/>						
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Sun Mon Tue Wed Thu Fri Sat

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.

