



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
7**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 3

Learn It!

Character Development

Watch this video about character strengths.



In the video, it says that our character strengths are like muscles.

We can practise using them to make our character stronger, to be happier and to help other people.

List 3 special qualities you have inside yourself that make you unique. For example, kindness or bravery.

1. _____

2. _____

3. _____

How do you use these qualities to be happier and to help other people?



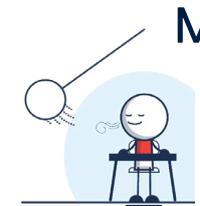
Get Crafty!

Use the strength of creativity to recycle a container and use some wool to create a handy pencil holder!



Music Time

'The Middle' by Jimmy Eat World.



Mindful Moment

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



Move It!

I 'Can't Stop the Feeling' with this fun dance tutorial!



Watch It!



Listen to this podcast.
Are you the boss of your emotions?



Quoteable Quote

'We've all got light and dark inside us. What matters most is the part we choose to act on. That's who we really are.'

– J.K. Rowling, Harry Potter and the Philosopher's Stone

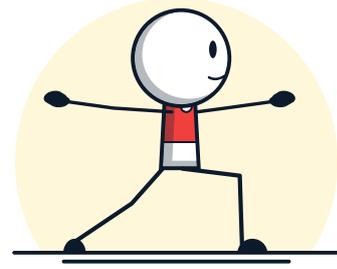




Reflect

Take some time to think back over the last few weeks. Can you share with someone else the hard things and the good things that have happened? You might like to;

- Draw a picture
- Write a song
- Perform a poem
- Make a collage
- Share a photo album
- Write a letter
- Have a conversation
- Draw a comic
- Make a video



Stretch It

Experts recommend standing and moving for a few minutes every hour or so. Can you stretch your body, moving all your muscles and loosening up?

Three good things that happened this week:

1. _____

2. _____

3. _____

Sleep tracker:

How many hours of sleep did you get?



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.