



INSTITUTE OF  
**POSITIVE  
EDUCATION**



**WEEK  
7**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 4

## Learn It!

### Gratitude

Watch 'Kid President's 25 Reasons to be Thankful' (3:46).



When life feels unfair, or when people around us are busy and stressed, it can be easy to forget all the good things about the world.

Use a separate piece of paper to write your own list of 25 things you are grateful for.

Once you've finished your list, use the space below to write about how you felt after you'd thought of all those things you appreciate in your life.

---

---

---

---



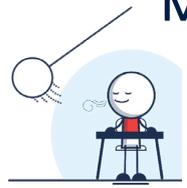
## Get Crafty!

Make a sign to show your gratitude for healthcare workers.



## Music Time

'Let it Go' by Michael Franti and Spearhead.



## Mindful Moment

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



## Move It!

Have fun with this energetic 'Minions' dance by Zumba Kids.



## Watch It!



Watch Rocket Kids - Practicing Gratitude.



## Quoteable Quote

*'Feeling gratitude and not expressing it is like wrapping a present and not giving it.'*

– William Arthur Ward





## 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.