



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
8**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 5

Learn It!

Positivity

Circle 4 emotions that you are curious about:

Serenity	Amusement
Joy	Hope
Gratitude	Pride
Interest	Inspiration
Love	Awe

For each of the emotions you picked:

1. Write a recent example when you felt this emotion. Include as much detail as you can. (E.g. Where was it? Who was there? What were you doing?)
2. Write two other things you could do that would help you feel this emotion.



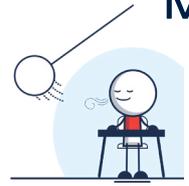
Get Crafty!

Use a large sheet of cardboard or a pinboard to create a vision board and display this in your bedroom.



Music Time

'New Soul' by Yael Naim.



Mindful Moment

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



Move It!

Make some space and try this short yoga session for beginners.



Watch It!



Watch this short clip about defeating negative thinking (2:22).



Quoteable Quote

'The greatest discovery of all time is that a person can change his future by merely changing his attitude.'

– Oprah Winfrey





Strategies for Iso Living

Researchers suggest trying these strategies to help your brain adapt to new stressors.

- Practice Mindfulness.
- Talk to people – text communication doesn't cut it! Call or video chat with someone as well.
- Get outside for at least 20 minutes every day.
- Make sure you have a good sleep routine, with a consistent bedtime and no screens for an hour before you close your eyes.
- Move for 10 minutes every 2 hours – exercise helps your brain stay healthy and engaged.
- Eat healthy snacks.
- Drink plenty of water.



Clean, consolidate and de-clutter

Make some time this week to organise your workspace. Throw out and recycle anything you don't need any more, freshen up any displays you have on your walls and make sure the floor is clean.

A neat space helps your brain relax and function better!

Three good things that happened this week:

1. _____

2. _____

3. _____

Sleep tracker:

How many hours of sleep did you get?



Reflection - my week:



Thumb Challenge

Energy: Low
Equipment: None
Duration: 1 minute

Students stand and watch the teacher demonstrate the dexterous thumb-pointing challenge.

Students then attempt the challenge, having multiple turns and trying to improve their speed and coordination.

To perform the thumb pointing challenge – with one hand, simply clench your fist and give a 'thumbs up' sign. With your other hand, keep your thumb tucked in and point your pointer finger directly at the raised thumb.

On 'switch', simply reverse positions, with the opposite hand now pointing at the opposite raised thumb. Simply alternate between these two positions and you are doing the thumb challenge!