



**WEEK
2**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 2 (YEARS 1-2)

Learn It!

Creativity

Ask your parents or guardians if you can watch the following clip: 'Paper Planes Official Trailer #1 (2015) - Sam Worthington, Ed Oxenbould Movie HD' (2:12).



Design Challenge

Design and make your own, original paper plane that can fly at least 5m.

Use the guide below to help you make your plane and think about how you went.

Guide (circle the smileys)

I did some research to improve my design



I kept trying, even when things didn't go to plan



I changed my design if it didn't work



My final design achieved the outcome



My design was unique and creative



Questions

What is the most important thing you have learnt about creativity, and trial-and-error?

How could you use this in the future?

Read It!



Watch this recording of 'Ish' by Peter H. Reynolds.



Quotable Quote

'Oh, the things you can think up if only you try.'

– Oh, The Things You Can Think; Dr. Seuss –

Get Crafty!



Use some wool or string and some sticks to weave this crafty creation!



Music Time



'Fireflies'

by Owl City

Mindful Moment



Focus your mind as you engage in the 'Tea Cup Stretch' from Playmeo.

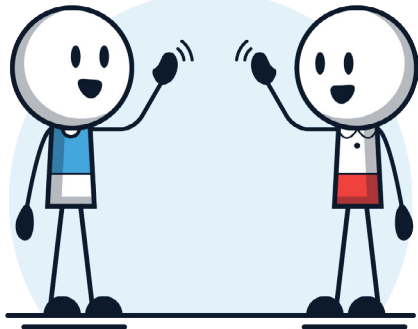


Move It!



Have fun with this dance!
Koo Koo Kangaroo:
'B-E-L-I-E-V-E'





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

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!