



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
2**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 4 (YEARS 5-6)

Learn It!

Positivity

Researchers say that the top positive emotions are: joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe and love.

Use a dictionary to look up any words you're not sure about.

Choose one of the emotions listed and answer the following questions.

- When was the last time I had this feeling?
- Where was I?
- What was I doing?
- What else gives me that feeling?
- What can I do to in order to enjoy this feeling right now?

You could answer these questions in writing, as a labelled drawing, a diagram or even create a comic.



Get Crafty!

Use paper, coloured pencils or markers and scissors make a cool bookmark!



Music Time

'Happy'

by Pharrell Williams



Mindful Moment

Letting things go can sometimes help us to think positively.

Go Noodle:
Think About It
'Let It Go'



Move It!

Inspire some positive feelings by engaging in the following dance.

Go Noodle:
'Get Funky'



Watch It!

How did the main character feel at the end? Was it easy for them to get this feeling?

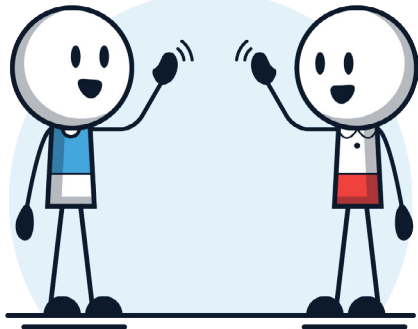


Quotable Quote

'If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely.'

– Roald Dahl –





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!