



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
1**

POSITIVE EDUCATION ENHANCED CURRICULUM

WEEKLY WELLBEING
PHASE 3 (YEARS 3-4)

Learn It!

Emotional Intelligence

Ask your parents or guardians if you can watch:

'Sesame Street: Me Want It (But Me Wait)'



<https://www.youtube.com/watch?v=9PnbKL3wuH4> (3:10).

Reflect: When have you had to wait for something? What strategies can you use when you need to wait for something? For example, in the clip, Cookie Monster tried talking to himself and breathing mindfully.

Get a piece of paper and draw a big circle. Inside the circle, draw the things that you can control, e.g. you can control how clean your hands are by washing them carefully.

Mindful Moment



Mindfulness
for students



Quotable Quote

*'Feelings come and feelings go.
I never know what they'll be.
Silly, angry, happy or sad,
They're all a part of me!'*

– The Way I Feel, Janan Cain –

Get Crafty!



Use recycled paper, or old magazines or newspapers, to create some snowflakes to decorate your room!



Story Time

'I Have a Feeling'
The Cramazingly
Incredifun
Sugarcrash Kids
Podcast



Move It!

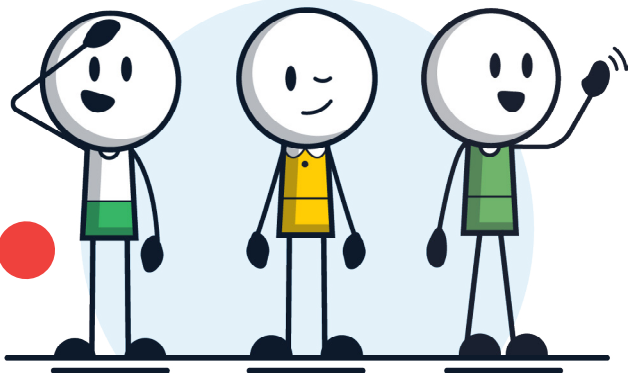
Go Noodle
'Trolls – Can't Stop
the Feeling'
dance



Music Time

'Take A Breath
(The Self Reg song)' by Raffi





Saying Hello!

Instead of a hug, have fun saying hello to your friends in a different way.



Wash Your Hands

1. Wet your hands.
2. Use soap.
3. Rub the soap all over your hands while you sing the alphabet song twice.
4. Rinse your hands in running water.
5. Dry your hands with paper towel.

Three Good Things That Happened This Week:

1. _____
2. _____
3. _____

Sleep Tracker

How many hours of sleep did you get?

--	--	--	--	--	--	--

Sun Mon Tue Wed Thu Fri Sat

Reflection: My Week



Winks

Energy: Low
Equipment: None
Duration: 1 minute

Improve focus and concentration with this simple, fast-paced exercise.

Students wink their left eye then click their right fingers and swap, repeating the process.

Challenge: Do this as quickly as possible.