



INSTITUTE OF  
**POSITIVE  
EDUCATION**



**WEEK  
1**

# **POSITIVE EDUCATION ENHANCED CURRICULUM**

WEEKLY WELLBEING  
PHASE 4 (YEARS 5-6)

## Learn It!

### Resilience

What happened to a ball when it hits the ground? The ball may not always travel in the direction or the speed you want it to.

Imagine you are like the ball. Sometimes difficult things happen and we hit the ground – but we can bounce! Instead of going in a random direction, we can always aim to bounce forward. We can do this by knowing different things we can do when something difficult happens.

Trace around your hand on a piece of paper. Each finger will represent an internal resource, that means something you can do yourself to bounce back when they face tough times. For example, listen to a fun song, play a game or talk someone.

Take time to identify things you can do to bounce back and record one on each finger on your hand drawing.

### Mindful Moment



Kids Explain  
Mindfulness

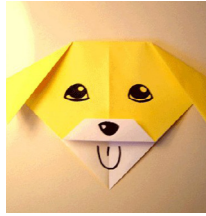


### Quotable Quote

*'I am not afraid of  
storms, for I am learning  
how to sail my ship.'*

– Little Women, L.M. Alcott –

## Get Crafty!



Use a piece of  
recycled A4 paper  
to have fun with this  
'Talking Dog' origami



## Podcast



'Try, Try, and Try  
Again' by Peace  
Out



## Move It!



Indoor Recess  
Zumba Dance  
Party



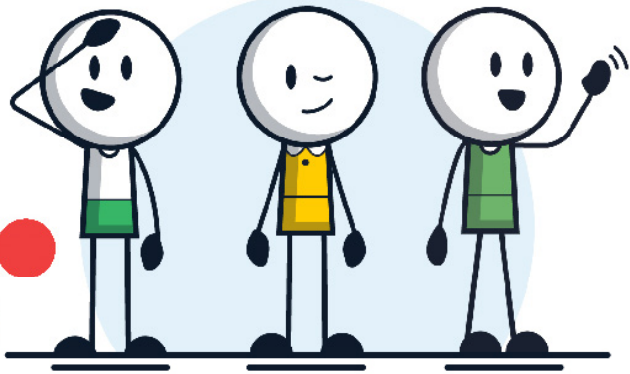
## Music Time



'Get Back Up Again' (Trolls)  
by Anna Kendrick



INSTITUTE OF  
**POSITIVE  
EDUCATION**



## 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



## 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.