



INSTITUTE OF  
**POSITIVE  
EDUCATION**



**WEEK  
1**

# **POSITIVE EDUCATION ENHANCED CURRICULUM**

WEEKLY WELLBEING  
PHASE 1 (FOUNDATION)

## Learn It!

### Gratitude

Ask your parents or guardians if you can watch the 'I am Grateful kid video'.

<https://www.youtube.com/watch?v=6yuQXUn3MEg>



**Reflect:** What are you grateful for? Why are you grateful for that? How could your life be different without that thing/person?

### WWW (What Went Well)

Think of something from today that went well and draw this below.

## Get Crafty!

Use some recycled paper to decorate and make an origami fan.



## Story Time



'Ten Thank-You Letters'  
by Daniel Kirk



## Move It!



Koo Koo Kangaroo  
'Dinosaur Stomp'  
dance



## Music Time



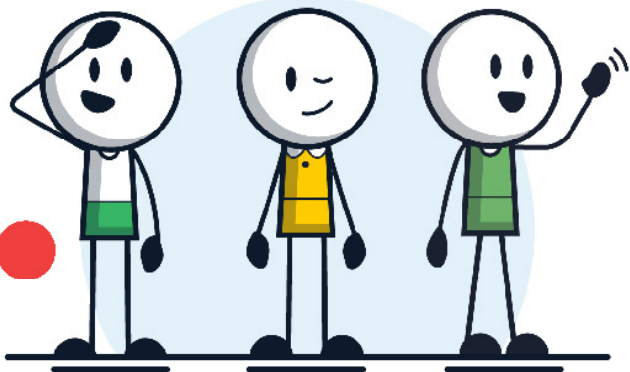
'Thankful' by Josh Groban

### Quotable Quote

*'Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude.'*

– Winnie-the-Pooh, A.A.Milne –





## 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



## 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!