



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
1**

POSITIVE EDUCATION ENHANCED CURRICULUM

WEEKLY WELLBEING
PHASE 5 (YEARS 7-8)

Learn It!

Mindsets

Did you know? People who have a fixed mindset believe that qualities like intelligence or talent are simply fixed traits. They believe talent alone creates success, without effort.

People who have a growth mindset believe that their basic abilities can be developed through dedication and hard work – brains and talent are just a starting point.

Watch 'How Things You Do Change [Your Brain](https://www.youtube.com/watch?v=8XwFahi-qf8)' <https://www.youtube.com/watch?v=8XwFahi-qf8> (3:17).

Answer the following questions:

1. How have you tried to change your brain in the past?
2. Identify the parts of your brain that you think you cannot change and explain why.
3. Discuss the parts of your brain you would like to develop and why.
4. Share a story about someone you know who has trained their brain.
5. What was the most important message you got from the YouTube clip?
6. How do you use feedback to change your brain?

Finish this sentence: 'I can't...' Hold that thought while you watch the following clip: "I only have half a brain"- BBC Stories' https://www.youtube.com/watch?v=f2fCY_M7Vms (2:38).

Think about your 'I can't...' statement and whether it could be turned into an 'I can' statement, given an appropriate amount of time, support and practice.

Quotable Quote

'People with the growth mindset know that it takes time for potential to flower.'

– Carol Dweck –

Get Crafty!



Use a piece of recycled A4 paper to have fun with this Jumping Frog' origami



Watch It!



ClickView
Mindsets miniclip



Mindful Moment



Headspace
Meditation: The
Noting technique

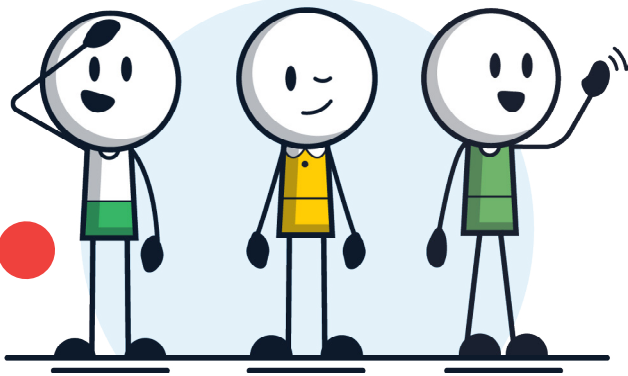


Music Time

'I Believe'

by Yolanda Adams





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?

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Sun Mon Tue Wed Thu Fri Sat

Reflection: My Week



Juggling Balance

Energy: Medium
Equipment: Paper
Duration: 1 minute

Engage in this cross-lateral activity to stimulate brain function and learning, and enhance focus and balance.

Students stand on one leg and raise the other to a 90-degree angle with their knee bent. They then hold a scrunched-up ball of recycled paper beside their hip, using the same hand as the side with the raised leg.

Students throw the ball up into the air next to their raised leg and move their other hand under their raised leg to catch the ball.

Swap legs and repeat.

