



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
2**

POSITIVE EDUCATION ENHANCED CURRICULUM

WEEKLY WELLBEING
PHASE 5 (YEARS 7-8)

Learn It!

Kindness and Connections

Have you ever experienced cyberbullying? Cyberbullying can include repeated: unkind texts or emails, abusive messages, images or videos, excluding or humiliating others online, or nasty online gossip and chat.

Research shows that between 5-15% of children and adolescents bully others, while up to 33% of children and adolescents are, themselves, bullied. This tells us that if you are being bullied you are not alone. Statistically, there are more people being bullied than there are bullies.



What would you do if you were being bullied?

- Talk to someone you trust (e.g. a parent, sibling, teacher, friend, aunt/uncle)
- Don't retaliate – it could work against you
- Block the bully & update privacy settings
- Report the unkind behaviour to the service they're using
- Collect the evidence – keep messages, emails & print online conversations
- Do something positive for yourself. Facetime your friends or listen to some great music.

Watch It!



Watch Wellcast's top tips on combatting Cyberbullying.



Quotable Quote

'We should all consider each other as human beings, and we should respect each other.'

– Malala Yousafzai –

Get Crafty!



Use paper, coloured pencils or markers, scissors and glue to make a stunning endless card!



Music Time



'Speak Life'
by TobyMac

Mindful Moment



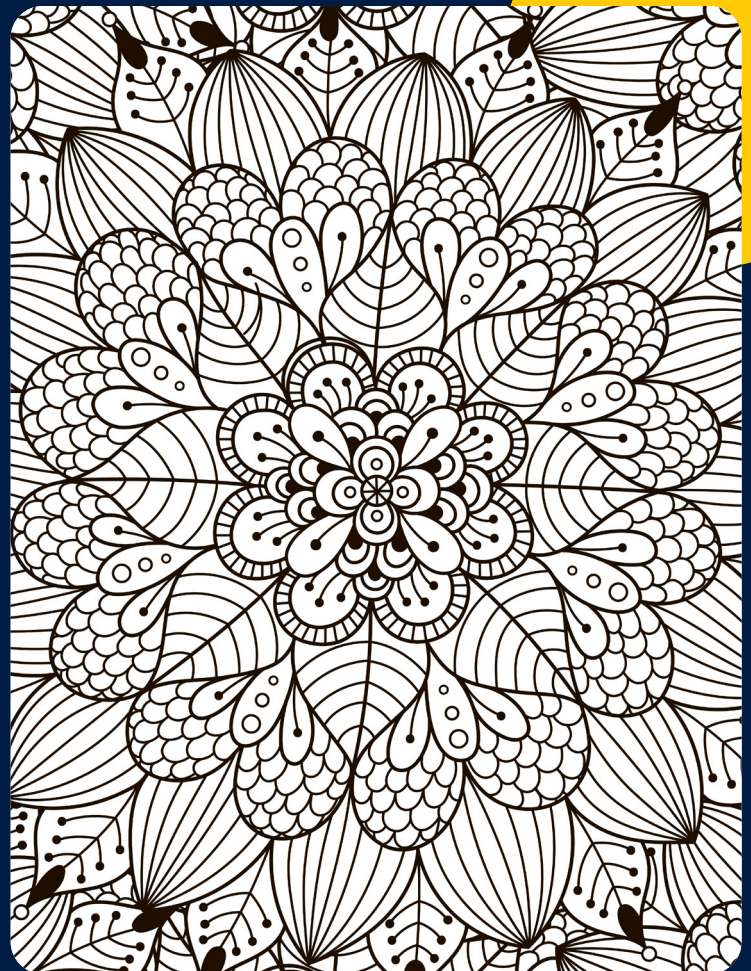
Headspace:
Meditation
'Changing Perspectives'

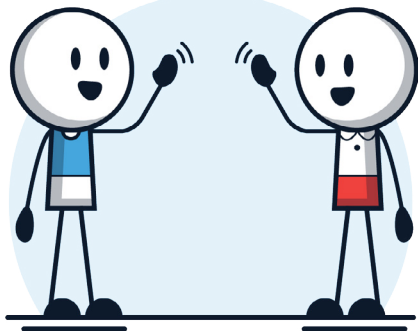


Move It!



Try to master the 'Renegade' dance challenge on TikTok.





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?

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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!