



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
1**

POSITIVE EDUCATION ENHANCED CURRICULUM

WEEKLY WELLBEING
PHASE 7 (YEARS 11-12)

Learn It!

Positivity

When we feel anxiety, stress or any other negative emotion, experiencing positive emotions can help our bodies return to normal physiological functioning. According to the Mayo Clinic, positive emotions result in improved sleep. Studies even have also shown that positivity improves your immune system.

Quote Reflection: 'If you have a stone in your shoe, it hurts and you'll fix the problem.' Martin Seligman.

We know positivity has many benefits, but why is this so hard at times? What are the barriers to positive thinking?

Create an individual flowchart that considers negative situations or emotions that you might encounter and put into place interventions you can use to boost your positive emotions, using the 'Happiness Enhancing' sheet provided (see below).



Watch It!

Barbara
Fredrickson:
The Positivity
Ratio'



Quotable Quote

'Everything can be taken away from a man but one thing: the last of the human freedoms - to choose one's attitude in any given set of circumstances.'

— Viktor Frankl —

Get Crafty!



Grab some pens and paper to draw this fox.



Music Time

'Bright Side of Life'
by Rebelution



Mindful Moments

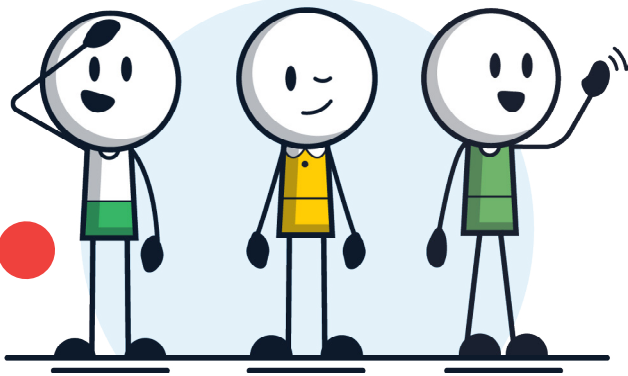
Headspace
The Impatient Yogi



5-minute
Meditation



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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. _____

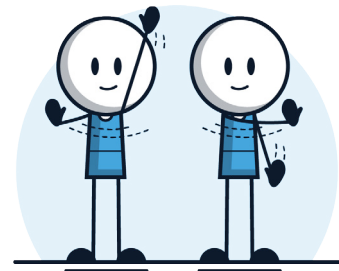
Sleep Tracker

How many hours of sleep did you get?

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Sun Mon Tue Wed Thu Fri Sat

Reflection: My Week



Hand Shake

Energy: Low
Equipment: None
Duration: 1 minute

Increase students' focus by engaging in an activity that requires concentration and coordination.

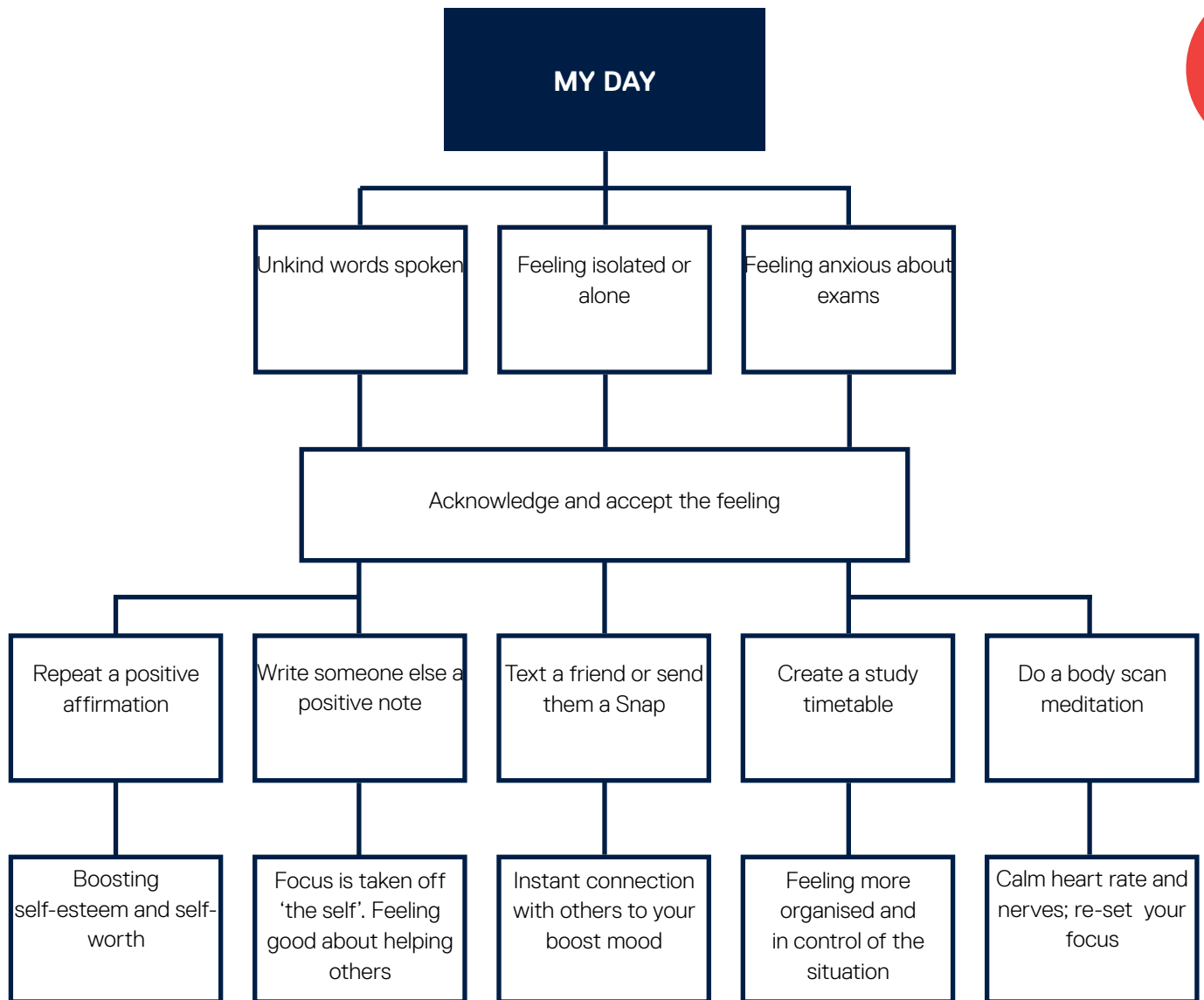
Students stand with their arms extended in front of them and their palms facing away from their body, as if gesturing for someone to stop.

Students simultaneously move their right hand left-to-right and their left hand up and down, then swap.

Challenge: Students see how quickly they can complete these movements or call out 'swap!' at random intervals.



POSITIVITY FLOWCHART EXAMPLE



HAPPINESS ENHANCING STRATEGIES

This list of strategies below is inspired by Sonja Lyubomirsky's book 'The How of Happiness' (2010).

Lyubomirsky states that 'happiness strategies introduce you to the concept of intentional activities, mindful actions that you can use to achieve a happier life.'

These strategies can include:

- 1 Counting your blessings
- 2 Cultivating optimism
- 3 Avoiding over-thinking and social comparison
- 4 Practicing acts of kindness
- 5 Nurturing relationships
- 6 Doing more activities that truly engage you
- 7 Replaying and savouring life's joys
- 8 Committing to your goals
- 9 Developing strategies for coping
- 10 Learning to forgive
- 11 Practicing religion and spirituality
- 12 Taking care of your body