



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
2**

POSITIVE EDUCATION ENHANCED CURRICULUM

WEEKLY WELLBEING
PHASE 7 (YEARS 11-12)

Learn It!

Positivity

'Defensive pessimism' is the ability to think of, and plan, for the worst-case scenario of a situation. This style of thinking has been found to cushion the potential blow of failure, motivate reflection and rehearsal, and used as a strategy to turn the energy of anxiety into motivation.

'Positive realism' or 'flexible optimism' means realistically assessing the likelihood of positive and negative outcomes in any given situation. This strategy helps us to avoid 'wishful thinking'.

Consider an aspect of your life that could benefit from using 'defensive pessimism' or 'realistic optimism' and draft a plan to do so.

Identify the strategy and complete the following sentence prompts:

When I... _____

I will... _____

Get Crafty!



Use embroidery thread, wool or string to make a friendship bracelet to send to someone.



Music Time



'Ok, It's Alright With Me'

by Eric Hutchinson

Mindful Moment



Headspace:
Mini meditation
'Find your focus'



Move It!



Try the
'One Hand'
dance challenge
on TikTok.



Watch It!



Watch Dr.
Lombardo's clip
and see if this
resonates with
you.



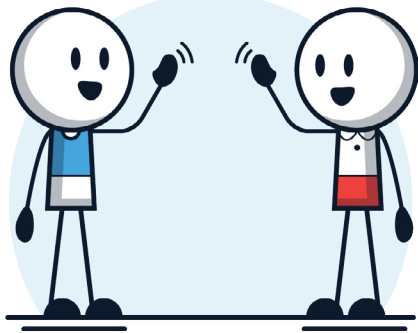
Quotable Quote

*'The greatest discovery of
all time is that a person can
change his future by merely
changing his attitude.'*

— Oprah Winfrey —



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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!