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**WEEK
7**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 5

Learn It!

Curiosity & Interest

People who are curious like to connect something they know with something they don't know...like what's going to happen next in a book you're reading, or how to solve a problem in a game.

When we are learning things like chemistry, our brain sticks together the bits we understand with the bits we don't understand yet. If we use our curiosity and think "what if...?" or "I wonder...?", learning can be more engaging. Curiosity can be exciting and can motivate us to find out more about something. It's also what helps us find things that really interest us.

What are you curious about or excited to try?
Finish this sentence:

I wonder why _____

How could you find out more about it?

Share your findings with someone else!



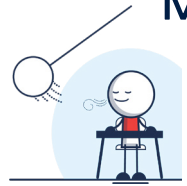
Get Crafty!

Make a marble run track (check with an adult first!)



Music Time

'Malibu' by
Miley Cyrus.



Mindful Moment

Engage in this
Mindfulness activity
from the Institute of
Positive Education.



Move It!

Get creative with your
wardrobe with this
'Choose Your Character
QuaranTEEN Edition'
challenge.



Watch It!

Pick an episode
from the podcast
Brains One that
sounds interesting
& listen to it!



Quoteable Quote

*'The important thing is not to
stop questioning. Curiosity has
its own reason for existing.'*

— Albert Einstein



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Reflect

Take some time to think back over the last few weeks. Can you share with someone else the hard things and the good things that have happened? You might like to;

- Draw a picture
- Write a song
- Perform a poem
- Make a collage
- Share a photo album
- Write a letter
- Have a conversation
- Draw a comic
- Make a video



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Stretch It

Experts recommend standing and moving for a few minutes every hour or so. Can you stretch your body, moving all your muscles and loosening up?



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Three good things that happened this week:

1. _____
2. _____
3. _____

Sleep tracker:

How many hours of sleep did you get?



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.



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