



INSTITUTE OF
**POSITIVE
EDUCATION**



**WEEK
8**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 7

Learn It!

Kindness & Connections



Often, when we think about kindness, we think about other people. It can be easy to forget to apply the same strategies to ourselves.

Watch this clip about Self-Compassion, as described by researcher Kristin Neff (6:19).

List the three components of self-compassion she describes, with your own definition of each one.

1. _____ Definition: _____
2. _____ Definition: _____
3. _____ Definition: _____

Consider a moment when you have used, or could have used, self-compassion. Reflect on these three components, and how you applied them to yourself... or how you might be able to do so in the future.

Get Crafty!



Bake these Anzac biscuits and give them to some local healthcare workers as a random act of kindness.

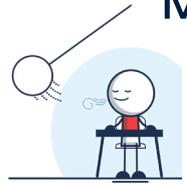


Music Time



'Shut up and Dance' by Walk the Moon.

Mindful Moment



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



Move It!



Have a go & get moving with this beginner's African Dance Class!



Watch It!



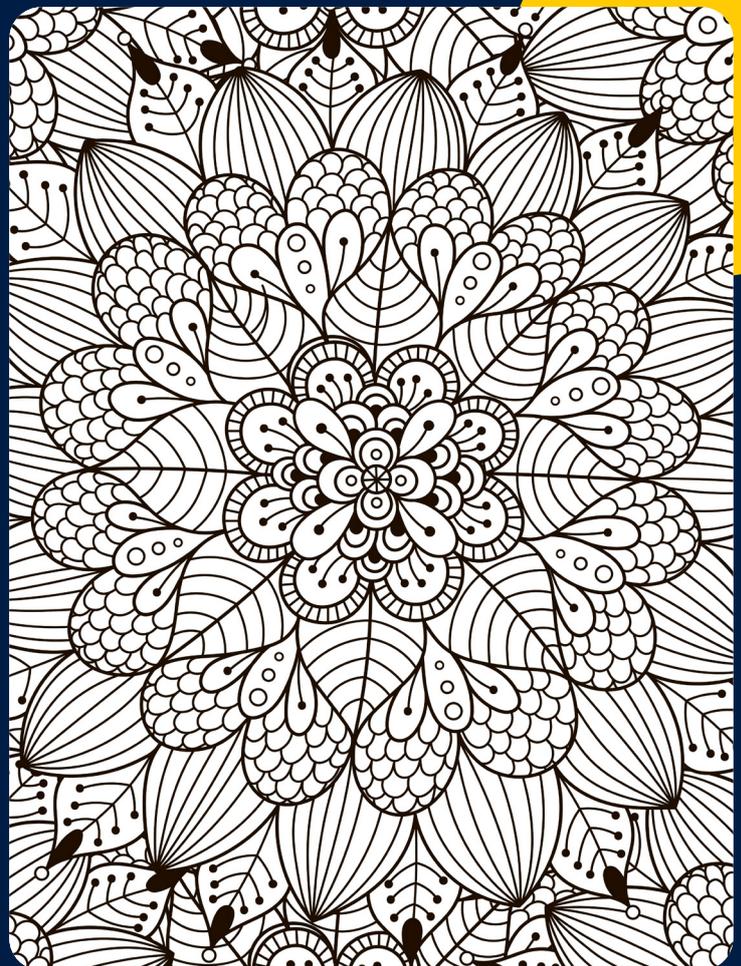
Watch this School of Life video on Self Compassion (17:56).



Quoteable Quote

'The final forming of a person's character lies in their own hands.'

– Anne Frank





Strategies for Iso Living

Researchers suggest trying these strategies to help your brain adapt to new stressors.

- Practice Mindfulness.
- Talk to people – text communication doesn't cut it! Call or video chat with someone as well.
- Get outside for at least 20 minutes every day.
- Make sure you have a good sleep routine, with a consistent bedtime and no screens for an hour before you close your eyes.
- Move for 10 minutes every 2 hours – exercise helps your brain stay healthy and engaged.
- Eat healthy snacks.
- Drink plenty of water.



Clean, consolidate and de-clutter

Make some time this week to organise your workspace. Throw out and recycle anything you don't need any more, freshen up any displays you have on your walls and make sure the floor is clean.

A neat space helps your brain relax and function better!

Three good things that happened this week:

1. _____
2. _____
3. _____

Sleep tracker:

How many hours of sleep did you get?



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!