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EDUCATION**



**WEEK  
9**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 5

## Learn It!

### Self-Control

If we practice using self-control every day, it can make it easier to use self-control when we are stressed or tired.

Write something you would like to have better self-control with, to use as a goal. E.g. studying, cleaning, the way you talk to someone or the way you talk to yourself...

Watch the YouTube clip (1:53).

On another piece of paper, write the 5 techniques shown and your own example or definition for each one.

Identify the technique that feels the most helpful for your self-control goal. Explain why you chose this technique.

Technique: \_\_\_\_\_

Reason: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



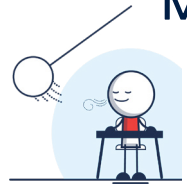
## Get Crafty!

Get creative with some old toys and create your own stop motion music video!



## Music Time

'Fader' by  
Temper Trap.



## Mindful Moment

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



## Move It!

Grab a skipping rope  
and challenge your  
body and mind with  
this TikTok routine.



## Watch It!



Enjoy this video  
from Mark Rober  
on seeing germs.



## Quoteable Quote

*'With self-discipline most  
anything is possible.'*

– Theodore Roosevelt



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## Marking Time

Creating a new tradition can help us during difficult times. Choose an idea that might work for your family and give it a go!

- Noticing how someone has helped you and thanking them
- Sharing something you're grateful for at the start of a meal
- Reflecting on the week and your achievements
- Writing or drawing something as a family
- Having a movie night
- Cooking together
- Looking at old photos and sharing stories

Create your own tradition and share it with others!



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## Connect Again

Is there someone you haven't spoken to in a while? Think of three new people to connect with this week. Then, send them a letter, a text, an email, or even call them on the phone to check in.



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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:



## Winks

**Energy:** Low

**Equipment:** None

**Duration:** 1 minute

Improve focus and concentration with this simple, fast-paced exercise.

Students wink their left eye then click their right fingers and swap, repeating the process.

**Challenge:** Do this as quickly as possible.



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