



**WEEK
1**

**POSITIVE
EDUCATION
ENHANCED
CURRICULUM**

WEEKLY WELLBEING
PHASE 2 (YEARS 1-2)

Learn It!

Emotional Intelligence

Choose an emotion, close your eyes and remember a time when you felt that way. E.g. Happy, sad, excited, disappointed.

Have a Think: What colour best represents that emotion for you? Where in your body did you feel that emotion?

Use crayons or pencils to draw a stick figure of yourself. Use different colours to show the different emotions you are feeling. Choose whatever colour you think best shows the emotion and use that colour in the stick figure to show where in your body you feel that emotion.

Get Crafty!



Use craft rolls to create a version of yourself showing your current emotions on the face



Story Time



'Courdoroy'
by Don Freeman



Move It!



Go Noodle
'Trolls – Can't Stop
the Feeling'
dance



Music Time



'Happy' by Pharrell Williams

Mindful Moment



Headspace:
Meditation,
Getting Started

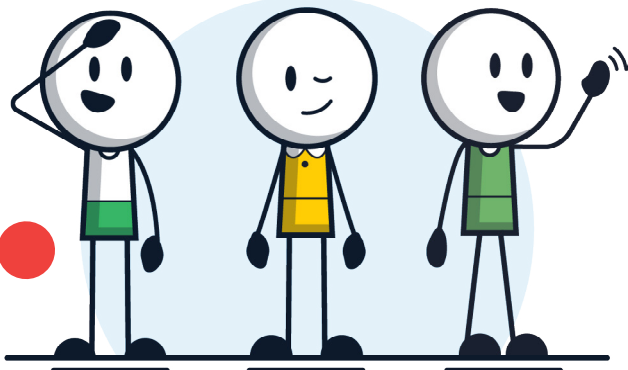


Quotable Quote

*'Think left and think right
and think low and think high.
Oh, the thinks you can think up
if only you try.'*

– Oh, the Thinks You Can Think!, Dr Seuss –





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. _____

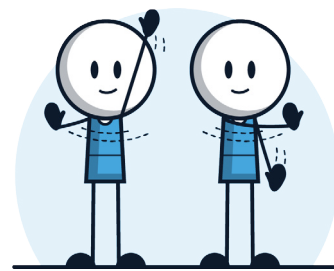
Sleep Tracker

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.

