



**WEEK  
1**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 3 (YEARS 3-4)

## Learn It!

### Emotional Intelligence

Ask your parents or guardians if you can watch:

'Sesame Street: Me Want It (But Me Wait)'



<https://www.youtube.com/watch?v=9PnbKL3wuH4> (3:10).

**Reflect:** When have you had to wait for something? What strategies can you use when you need to wait for something? For example, in the clip, Cookie Monster tried talking to himself and breathing mindfully.

Get a piece of paper and draw a big circle. Inside the circle, draw the things that you can control, e.g. you can control how clean your hands are by washing them carefully.

### Mindful Moment



Mindfulness for students



### Quotable Quote

*'Feelings come and feelings go.  
I never know what they'll be.  
Silly, angry, happy or sad,  
They're all a part of me!'*

– The Way I Feel, Janan Cain –

## Get Crafty!



Use recycled paper, or old magazines or newspapers, to create some snowflakes to decorate your room!



### Story Time

'I Have a Feeling'  
The Cramazingly  
Incredifun  
Sugarcrash Kids  
Podcast



### Move It!

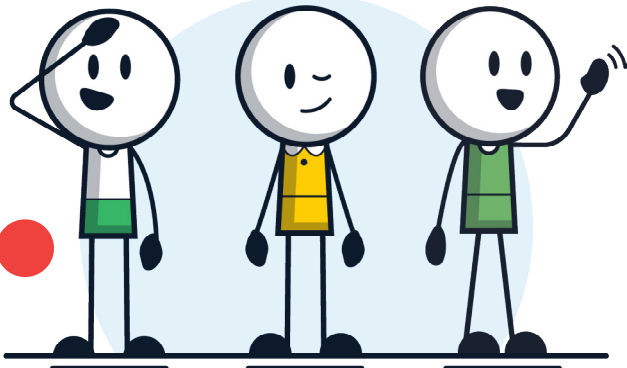
Go Noodle  
'Trolls – Can't Stop  
the Feeling'  
dance



### Music Time

'Take A Breath  
(The Self Reg song)' by Raffi





## 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?

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Sun Mon Tue Wed Thu Fri Sat

## 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.

