



INSTITUTE OF  
**POSITIVE  
EDUCATION**



**WEEK  
4**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 6

## Learn It!

### Physical Wellbeing

'Why Sleep is Critical for the Body and Brain | Science of Sleep' (14:11).

Why do people sometimes cut back on the amount of sleep they get?



What are some of the potential consequences of doing this?

### Which of the following facts are true?

- Losing a little bit of sleep each night isn't as bad as staying up for 24 hours straight.
- Exercising or studying just before you go to bed can have a negative impact on your sleep.
- Sleep is equally important as diet and exercise.
- Hitting your snooze button a few times for extra sleep is good for you.

Answers: F, T, T, F

## Get Crafty!



Use cardboard, scissors and wool to weave your own wall decoration.



## Music Time



'Sleep Tonight' by The Rolling Stones

## Mindful Moment



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



## Move It!



Master this shuffle dance from TikTok.



## Watch It!



Engage in this body scan meditation before bed in order to help you sleep.

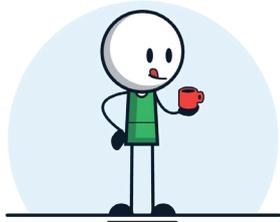


## Quoteable Quote

*'You cannot prevent the birds of sorrow from flying over your head, but you can prevent them from building nests in your hair.'*

– Chinese Proverb





## Try Something New!

Now is a great time to get creative in the kitchen!

- Make your own playdough
- Test out some different slime recipes
- Create some fruit rockets using skewers
- Bake some cookies
- Make a mug brownie
- Choose a new recipe for dinner
- Make some tasty protein balls
- Design your own tortilla pizza



## Stay Strong!

Top tips on staying healthy from the experts:

- Set up a daily routine
- Keep active
- Eat healthily
- Stay connected

Three good things that happened this week:

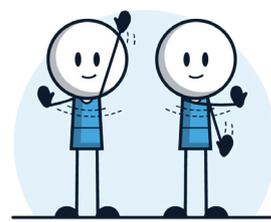
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Sleep tracker:

How many hours of sleep did you get?



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.