



INSTITUTE OF  
**POSITIVE  
EDUCATION**



**WEEK  
4**

**POSITIVE  
EDUCATION  
ENHANCED  
CURRICULUM**

WEEKLY WELLBEING  
PHASE 7

## Learn It!

### Sense of Meaning

Read the following article from Business Insider Australia: *A writer who interviewed hundreds of Americans about happiness found life satisfaction comes down to 4 'pillars'.*



Emily Esfahani Smith spoke to numerous people regarding the things that make their lives meaningful. Patterns emerged, which she refers to as the four pillars of meaning: belonging, purpose, storytelling and transcendence.

Seligman defines the meaningful life as 'using your signature strengths and virtues in the service of something much larger than you are.'

Take Esfahani Smith's quiz to discover your pillar of meaning.

**Think About:** How true do you think these results are? Why? In what way does your result relate to your top five VIA character strengths?



Design and carry out an altruistic venture that fulfills your pillar of meaning.

## Get Crafty!



Make some salt dough ornaments or pendants for someone special.



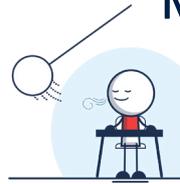
## Music Time

'Change Your Mind'  
by Sister Hazel



## Mindful Moment

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



## Move It!

Learn the  
'Run the World'  
dance on Tik Tok.



## Watch It!



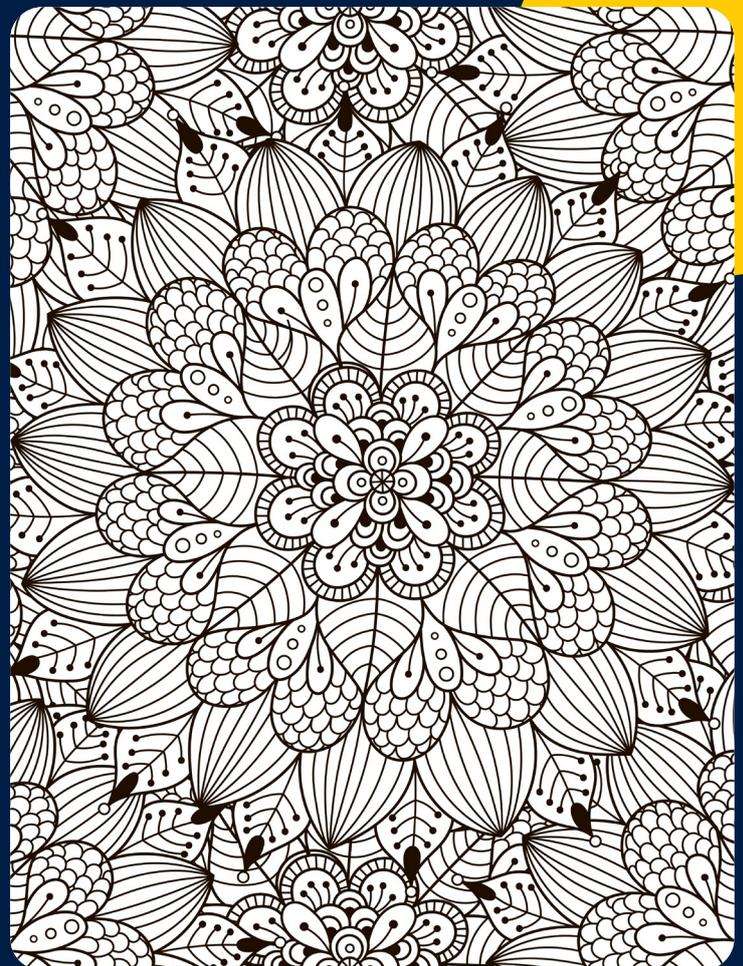
Watch Emily Esfahani  
Smith's TED Talk  
'There's More to Life  
Than Being Happy'.

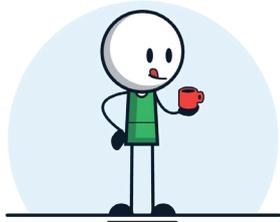


## Quoteable Quote

*'The purpose of life is  
a life of purpose.'*

– Robert Byrne





## 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:



## Juggling Balance

**Energy:** Medium

**Equipment:** Paper

**Duration:** 1 minute

Engage in this cross-lateral activity to stimulate brain function and learning, and enhance focus and balance.

Students stand on one leg and raise the other to a 90-degree angle with their knee bent. They then hold a scrunched-up ball of recycled paper beside their hip, using the same hand as the side with the raised leg.

Students throw the ball up into the air next to their raised leg and move their other hand under their raised leg to catch the ball.

Swap legs and repeat.