

Wellbeing Workout

Practising Optimism with our Amazing People

FREE access to all 50+ stories during school closures via:

www.amazingpeopleschools.com.

Explore our interactive stories (audio, video and timelines included), take the quizzes, unlock the fact cards and decorate your avatars.

Discover how these amazing people demonstrated **optimism**.



Martin Luther King Jr.

A leading figure in the American Civil Rights movement, he remained optimistic of a future of social equality for all.

Write a poem which explains how one of our amazing people demonstrated optimism.

Find an inspiring quote about optimism and share with your friends or on social media.

Helen Keller

An educator who urged tolerance and acceptance of disabled people in the wider community.



Draw a picture of an amazing person, include a title which demonstrates their optimism.



Queen Nzinga

Remained optimistic that her country, Angola, would one day be free and independent.



Practising gratitude helps us stay positive. How many times can you say “thank you” today for different reasons?

Jesse Owens

Four-times Olympic Gold athlete, he said “Find the good. It’s all around you. Find it, showcase it, and you’ll start believing it”.

Being kind and sharing examples of kindness makes us feel positive. Tell someone about an act of kindness you’ve read about or observed. How did it make you feel?

Mark Twain

Author and humourist, he said “The best way to cheer yourself up is to try and cheer someone else up”

Keep a diary, noting three things you have been grateful for or optimistic about each day.



Write a song or rap about something that makes you feel positive. Perform it for your family and friends.

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Please share your creations or ideas with us on social media.



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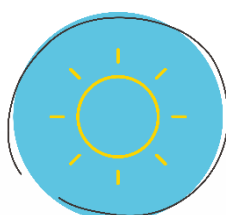


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Curriculum Mapping – ACARA

National Curriculum Content Descriptions applicable to this lesson:		
Year Level	Learning Area	Content Description
3 & 4	HPE	<i>Being healthy, safe and active</i> Identify and practise strategies to promote health, safety and wellbeing (ACPPS036 - Scootle)
3 & 4	HPE	<i>Being healthy, safe and active</i> Explore how success, challenge and failure strengthen identities (ACPPS033 - Scootle)
4	HASS	<i>Questioning</i> Pose questions to investigate people, events, places and issues (ACHASSI073 - Scootle)
4	HASS	<i>History</i> The role that a significant individual or group played in shaping a colony (ACHASSK110 - Scootle)
5 & 6	HPE	<i>Being healthy, safe and active</i> Plan and practise strategies to promote health, safety and wellbeing (ACPPS054 - Scootle)
7 & 8	HPE	<i>Communicating and interacting for health and wellbeing</i> Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (ACPPS074 - Scootle)
7 & 8	HPE	<i>Communicating and interacting for health and wellbeing</i> Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (ACPPS075 - Scootle)

General Capabilities developed in this lesson:	
Personal and Social Capabilities	<ul style="list-style-type: none"> Understand themselves and others. Work and learn more effectively.
Critical and Creative Thinking Skills	<ul style="list-style-type: none"> Pose questions to clarify and interpret information. Identify and clarify relevant information and prioritise ideas.
Literacy	<ul style="list-style-type: none"> Contribute actively to discussions, taking into account other perspectives.
Humanities and Social Sciences	<ul style="list-style-type: none"> Describe the significance of people and events/developments in bringing about change. Describe the experiences of different people in the past. Develop knowledge and understanding through key concepts including significance; continuity and change; cause and effect; place and space; interconnections; roles, rights and responsibilities; and perspectives and action. Develop inquiry skills; question, research, analyse, evaluate, reflect and communicate



Optimism