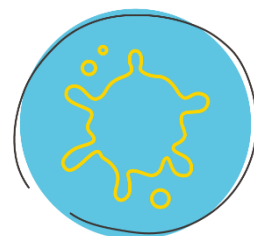


Wellbeing Workout - Mahatma Gandhi

Flex your character muscles and build mental strength through our stories and fun daily activities

Before you start, explore his Amazing story at:
www.amazingpeopleschools.com

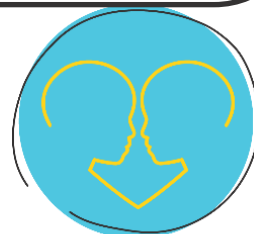


Creativity

Self-discipline - Gandhi lived through uncertain and difficult times. Uncertainty can feel overwhelming. Focus and develop a plan for one day. Make sure you include some work, reading, exercise, music, helping others and, most importantly, some fun. This helps us feel more in control and optimistic, in getting through each day.

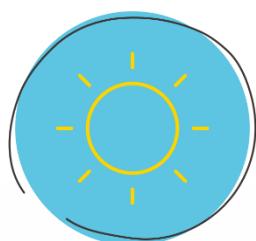


Creativity - Gandhi lived on a strict vegan diet - dhal and naan bread are two really cheap, simple and delicious Indian dishes. Can you try making them at home?



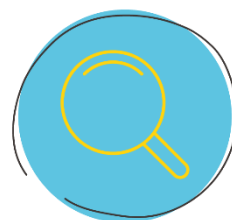
Empathy

Empathy - life is full of changes. Sometimes people will feel ok with change, and sometimes they may feel worried by it. Putting ourselves into someone else's shoes and thinking about how they are feeling, can help us encourage them.



Optimism

Curiosity - practise learning to listen - we often don't really listen, do we? Ask someone to talk about their day. Actively and consciously listen, don't interrupt. Instead, be curious and see what you have in common.

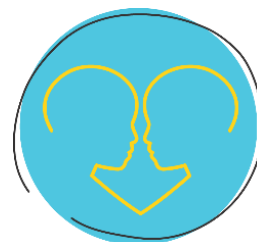


Curiosity

Self-discipline - Gandhi was very disciplined about how he lived his life. Self-discipline can really help you to learn something new - maybe juggling, solving the Rubik's cube or learning to do a handstand. It will take discipline to keep practising. Ask for help if you need it and accept that it won't happen overnight.



Empathy - play charades using feeling words. How would you act out 'proud', 'excited', 'uncomfortable', 'shy', 'calm', 'annoyed', 'fed-up' or 'happy'?



Empathy

Creativity - Gandhi decided he would weave his own cloth. Could you try a new craft or skill? Knitting or sewing? Paper maché? Origami? Macramé?

FREE access for a trial period to all schools via:

www.amazingpeopleschools.com

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



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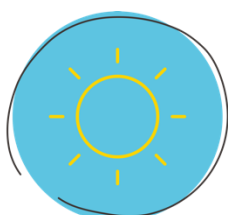


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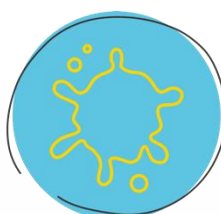
Curriculum Mapping - ACARA

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)
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)

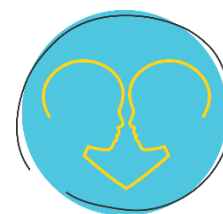
General Capabilities developed in this lesson:	
Personal and Social Capabilities	<ul style="list-style-type: none"> Understand themselves and others. Work and learn more effectively.
Critical and Creative Thinking Skills	<ul style="list-style-type: none"> Pose questions to clarify and interpret information. 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



Creativity



Empathy