



## PosEd Day 2023, Activity Ideas

### Primary Schools

We're thrilled to present a range of exciting and creative activities that your school community can participate in for PosEd Day 2023. These activities are a great way to promote PosEd and demonstrate your school's commitment to wellbeing, while also supporting PESA's fundraising efforts. You can also get creative and brainstorm your own fun and exciting ideas for staff and students to participate in. We've also designed an activity ideas sheet for students, to get them excited and inspired, you can download this on the campaign homepage.

To help raise funds for PESA, we encourage students and families to make donations to PESA while participating in PosEd day activities. Your school can also contribute by organizing fundraising activities that inspire your community to make donations.

Donating to PESA is both easy and tax-deductible. You can easily donate through the PESA website or the campaign homepage.

### Classroom Activity ideas

1. **Mindful coloring:** Encourage students to use mindful coloring techniques to create their unique designs, such as focusing on their breath or the sensation of the marker or paint on the fabric.
2. **Gratitude designs:** Ask students to create designs that represent something they are grateful for, such as family, friends, or their favorite activity.
3. **Positive affirmations:** Have students create designs that include positive affirmations or messages, such as "I am kind" or "Spread love."
4. **Emotion designs:** Ask students to create designs that represent different emotions, and discuss how to recognize and cope with these emotions in a healthy way.
5. **Kindness chains:** Have students create paper chains with acts of kindness written on each link. Display these chains in the classroom or around the school to promote kindness and positivity.
6. **Growth mindset designs:** Encourage students to create designs that represent the idea of a growth mindset, such as taking on challenges and learning from mistakes.
7. **Mindful breathing exercises:** Introduce students to mindful breathing exercises as they work on their designs, such as inhaling for four counts and exhaling for

six counts.

8. **Positive music:** Play positive and uplifting music during the desing activity process to promote positivity and boost mood.
9. **Collaborative designs:** Have students work in pairs or small groups to create designs together, promoting teamwork and collaboration.
10. **Reflections:** Ask students to reflect on their unqiue designs and what they represent, and have them share their thoughts with the class.

## Group or School-wide Fundraising & Activity Ideas

1. **Superpower Dressup Day:** Encourage students to come to school dressed as their character Strength "Superpower" of choice. Encourage them to get as colourful and creative as possible
2. **Bake Sale:** Organize a bake sale with colourful treats made by students, teachers, or parents, with with proceeds from the sale going towards the fundraiser
3. **Wellbeing Walk-a-thon:** Organize a sponsored walk that promotes physical activity and wellbeing, with students and staff walking or jogging a certain distance.
4. **Mindful Movements Challenge:** Encourage students and staff to participate in a daily mindfulness or yoga session and ask for donations from family and friends.
5. **Gratitude Sale:** Host a school-wide garage sale or market day, where students and staff
6. can sell goods they no longer need, with proceeds going towards the fundraiser.
7. **Joyful Jars:** Students and staff can create and sell "Joyful Jars" filled with positive affirmations, inspiring quotes, and treats.
8. **Inspiring Book Drive:** Encourage students and staff to donate books that have positivel impacted their wellbeing and sell them to raise funds.
9. **Wellbeing Education Workshops for Parents:** Organize a series of workshops for parents or the local community, that education them on Positive Education and it's benefits, charge a gold coin donation entry fee that goes towards the fundrasier
10. **Kindness Challenge:** Encourage students and staff to set a goal to perform at least one act of kindness every day leading up to PosEd Day. It could be as simple as holding the door open for someone, or as big as organizing a fundraiser for a PESA. Encourage friends and family to join in too!

**Spread the Word:** Let's make PosEd Day bigger and better than ever! For more info, to register or to donate, head to the campaign webpage: [mailchi.mp/pesa/posedday2023](mailto:mailchi.mp/pesa/posedday2023)