



PosEd Day 2023, Activity Ideas

Secondary 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 drawing / painting:** Encourage students to draw or paint a PosEd themed design or poster. Encourage them to draw or paint mindfully, focusing on the present moment and being aware of their thoughts and emotions while they draw or paint. This can be a relaxing activity and help promote mindfulness.
2. **Gratitude Jar:** Have students write down things they are grateful for on small pieces of paper and place them in a jar. At the end of the day, read some of the notes aloud to the class. This helps students focus on the positive aspects of their lives and cultivate a sense of gratitude.
3. **Mindful Movement:** Encourage students to commit to a month of regular mindful movement, such as mindful walking or yoga, paying attention to their surroundings, and focusing on their breathing. This can be a great way to clear the mind and reduce stress.
4. **Journaling:** Encourage students to write in a journal, focusing on positive experiences and emotions. This can help them develop a positive mindset and cultivate resilience.
5. **Positive Affirmations:** Have students create their own positive affirmations and display them on a poster or their computer desktop. This can be a great way to promote self-esteem and positive self-talk.

6. **Group Meditation:** Lead students in a guided meditation session. This can be a great way to promote relaxation, reduce stress, and help students develop mindfulness skills.
7. **Kindness Challenge:** Challenge students to perform acts of kindness for others throughout the day, such as holding the door open for someone or complimenting a friend. This can help promote a sense of community and positive social interactions.

Group or School-wide Fundraising & Activity Ideas

1. **Colourful Fancy Dress Day:** Encourage students to come to school dressed in colourful fancy dress. 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 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 can sell goods they no longer need, with proceeds going towards the fundraiser.
6. **Joyful Jars:** Students and staff can create and sell "Joyful Jars" filled with positive affirmations, inspiring quotes, and treats.
7. **Inspiring Book Drive:** Encourage students and staff to donate books that have positively impacted their wellbeing and sell them to raise funds.
8. **Wellbeing Education Workshops for Students:** Encourage students to host a series of Positive Education workshops for parents or the local community, that help raise awareness of PosEd and its benefits, and empowers the community to positively support their young people. Students can charge a gold coin donation entry fee that goes towards the fundraiser.
9. **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