



2024 Colour Your Threads For PosEd

School
Toolkit



Our Story



PosEd Day began in 2018 in partnership with the charitable organisation 'Where There's a Will.'

PESA and Where There's a Will came together with a shared goal to raise awareness and understanding of Positive Education within schools and the wider community. Together, the two organisations encouraged and enabled students, teachers and others to learn and talk about how to grow their own wellbeing and support the wellbeing of their families and friends.

Funds raised on PosEd Day were, and still are today, for supporting disadvantaged schools across Australia through annual PESA memberships, tickets to PESA conferences and resources to support their schools' Positive Education journey. In its inaugural year, Where There's a Will spearheaded the formation of the initial regional "cluster" of schools embarking on the PosEd journey. Today, this initiative has flourished, with numerous clusters emerging nationwide, drawing inspiration from the successes and insights from the incredible work initiated by WTAW in the Upper Hunter region of NSW.

PESA remains steadfast in its commitment to the principles embodied by PosEd Day and continues to actively support schools from underprivileged backgrounds. As more clusters of schools are emerging across Australia, PESA is dedicated to providing ongoing assistance to schools as they progress along their Positive Education journey.

Thank you for your support in 2024!

Wellbeing is for everyone!

We invite you to join us in this meaningful event aimed at supporting educators from disadvantaged schools to access professional development through PESA, while also spreading awareness about Positive Education within education systems.

6 reasons to get involved



Fundraising ideas

Traditionally, **Colour Your Threads for PosEd** has been celebrated through a gold coin donation and wearing bright, colourful clothing. However, there are other ways to spread the colour and the importance of wellbeing. Here are some ideas!



Bake Sale: Organize a bake sale with colourful treats made by students, teachers, or parents, with proceeds from the sale going towards the fundraiser.

Wellbeing Walk-a-thon: Organise a sponsored walk that promotes physical activity and wellbeing, with students and staff walking or jogging a certain distance.

Mindful Movements Challenge: Encourage students and staff to participate in a daily mindfulness or yoga session and ask for donations from family and friends.

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.

Joyful Jars: Students and staff can create and sell "Joyful Jars" filled with positive affirmations, inspiring quotes, and treats.



Wellbeing Education Workshops for Students or Parents: Encourage students to host a series of Positive Education workshops for parents or the local community, that help raise awareness of PosEd and it's 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.

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!

Don't forget!

All donations are tax deductible!



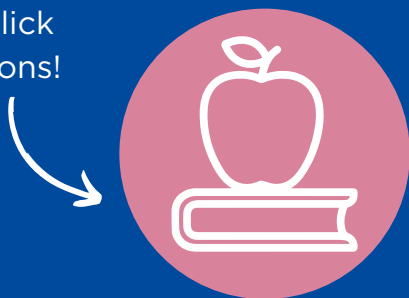
Inspiring Book Drive:

Encourage students and staff to donate books that have had a positive impact on their wellbeing and sell them to raise funds.

Our PosEd Day school toolkit

Our downloadable resources aim to assist you in co-ordinating and contributing to disadvantaged schools through **Colour Your Threads for PosEd** day!

Click
icons!



Wellbeing activities for the classroom:

- 7 primary student activities
- 6 secondary student activities
- Activity instructions/ reading suggestions
- Relevant worksheets for ease of delivery



Flyers (in Canva):

- 6 editable designs
- Save a copy and edit text/ dates to suit your school
- Use these as digital or printable flyers e.g. in newsletters, emails or as posters



Social media tiles (in Canva):

- 4 editable designs
- Save a copy and edit text/ dates to suit your school
- Use for social media posts



Download entire toolkit:

- .zip file containing this toolkit, instructions and activities as separate documents

We'd love to see how you use these resources!

Tag PESA and use the #ColourYourThreads hashtag

Activity Name	Wellbeing Learning Intention	Time (mins)	Required Materials	Instructions
About me: I'm a Wellbeing Warrior!	PERMA+ theory of wellbeing	30	<ul style="list-style-type: none"> Read further on the PERMA+ theory 'I'm a Wellbeing Warrior' worksheet. Writing and colouring equipment 	<ol style="list-style-type: none"> Provide an overview that our life is made up of different aspects and science has suggested that we can feel better if we increase positive emotions, enjoy participating in things we love to do, have happy relationships, have a purpose and a sense of accomplishment, as well as looking after our physical health such as getting enough sleep, drinking water and eating nutritious foods. Allow learners to complete the worksheet, writing or drawing in each frame, answering each aspect of their wellbeing.
Grounding using our senses.	Practice mindfulness (being in the present moment). When learners are feeling overwhelmed, they can use this strategy to allow them to feel grounded in the present.	20	<ul style="list-style-type: none"> 'A way to be calm and present' worksheet. Alternatively, this activity can be brainstormed a class. 	<ol style="list-style-type: none"> Ask the class to be still and silent, and give them 30 seconds to quietly and independently look around, observing everything they can see. They can tick or write in the circle on the worksheet Ask the class to quietly find four things they can touch. As they are touching, ask them to be curious about how it feels to touch. Is it rough, smooth, soft, cold, hot? Ask the class to close their eyes and be silent for 30 seconds. What do they hear? Are the sounds close by? Far away? What is the furthest sound they can hear? What is the closest? Perhaps they can hear themselves or the person next to them breathing. Ask the class to close their eyes and be silent for 30 seconds. What can they smell? It may be the rain outside, the smell of food cooking in the canteen. If there aren't any smells currently, brainstorm some smells they can usually smell at school. Ask the class to think about what they had for breakfast this morning. What did it taste like on their tongue? Was it crunchy or soft? Did it taste sweet or savoury? Can they still taste it now? Remind learners that when they are feeling overwhelmed or are finding it difficult to concentrate, they can find five that they can see, four things they can touch, three things they can hear, two things they can smell and have a sip of water.
Random acts of kindness wheel.	Spread kindness and discuss the feelings it provokes in themselves and in others.	20	<ul style="list-style-type: none"> Primary-Kindness Wheel worksheet. Benefits of kindness: Random Acts of Kindness Foundation website. 	<ol style="list-style-type: none"> At the beginning of the week, discuss what is kindness and why it is important. Read through the list of random acts of kindness within the wheel. Discuss some examples of how the learners can carry out the act of kindness e.g. "Call a relative": who is someone they can call that they haven't spoken to in a while? Bake a Gift: With the help of someone at home, what is something they would like to bake and who would they give it to? Every subsequent morning, allow learners some time to colour those acts of kindness that they have carried out. Prompt them to think about the feelings of those who they showed kindness to and their own feelings when spreading kindness. At the end of the week, discuss the feelings experienced by both the giver and receiver of kindness. Refer to the website for some interesting science to share relating to spreading kindness (did you know that it's contagious?!).
Opportunity is knocking!	Optimism and hope, especially when things don't go according to plan and growth mindset.	20	n/a	<ol style="list-style-type: none"> Learners brainstorm when something hasn't gone as they would have hoped e.g. arguing with a friend, not being selected on a sports team, missing out on a birthday party. Encourage learners to find opportunities despite things not going to plan. Encourage creativity e.g. a person may not have made the sports team but they could try out for another sports team, developing new skills in a sport and making new friends.


Primary Activities (continued)

Activity Name	Wellbeing Learning Intention	Time (mins)	Required Materials	Instructions
Positive role models and their strengths.	Understand character strengths through those who inspire us.	20	<ul style="list-style-type: none"> Character strengths slide presented to class. Also refer to the VIA Character Strengths website. 	<ol style="list-style-type: none"> 1. Ask learners to choose a person who they consider a role model. 2. Present the 24 Character Strengths slide to the class. Ask students to identify and list 2-4 strengths of their chosen role model. 3. Place students into pairs or small groups to share. Discuss how the character strengths contribute to the person being a good role model.
Mime the character strength (upper primary).	Develop an understanding of the 24 character strengths.	20	<ul style="list-style-type: none"> Character Strengths slide presented to class. Also refer to the VIA Character Strengths website. 	<ol style="list-style-type: none"> 1. Display the Character Strengths slide and talk through the over-arching virtues and their character strengths. 2. In pairs or groups, students choose a character strength and act it out, without using words. The other students are to guess the strength they chose.
Wellbeing warrior badge.	Understanding character strengths in self.	20	<ul style="list-style-type: none"> Character strengths slide presented to class. Wellbeing Warrior Badge worksheet. Also refer to the VIA Character Strengths website. 	<ol style="list-style-type: none"> 1. Discuss the 24 character strengths as simply as possible. Discuss some examples of several key strengths. 2. Allow learners to write and/ or draw a strength of theirs inside the badge. They can also colour their badge. 3. The badge can be cut out and placed on a wall for all to see! Don't forget to post photos to your socials and use the #ColourYourThreads!

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Random acts of kindness wheel.	Spread kindness and discuss the feelings it provokes in themselves and in others.	20	<ul style="list-style-type: none"> Secondary-Kindness Wheel worksheet. Benefits of kindness: Random Acts of Kindness Foundation website. 	<ol style="list-style-type: none"> 1. At the beginning of the week, discuss kindness and why it is important. 2. Brainstorm a few further random acts of kindness as a class. Then ask learners to complete the wheel. 3. Every subsequent morning, allow learners some time to colour those acts of kindness on the wheel that they have carried out. Prompt them to think about the feelings of those who they showed kindness to and their own feelings when spreading kindness. 4. At the end of the week, discuss the feelings experienced by both the giver and receiver of kindness. Refer to the website for some interesting science to share relating to spreading kindness (did you know that it's contagious?!).
Opportunity is knocking!	Optimism and hope, especially when things don't go according to plan and growth mindset.	20	n/a	<ol style="list-style-type: none"> 1. Learners brainstorm when something hasn't gone as they would have hoped e.g. arguing with a friend, not being selected on a sports team, not being invited to a party. 2. Encourage learners to find opportunities despite things not going to plan. Encourage creativity e.g. a person may not have made the sports team but they could try out for another sports team, developing new skills in a sport and making new friends.
Setting goals using anti-goals.	Goal setting using a different perspective.	20	n/a	<ol style="list-style-type: none"> 1. Have learners think about negative behaviours or potential obstacles to achieving their goals e.g. I don't want to get distracted by TikTok whilst studying, I want to stop going to be bed late, I don't want to put off homework until the day before it's due. 2. Discuss how these 'anti-goals' show us what it is we truly want to achieve. For each anti-goal, develop action plans to overcome or avoid them. Consider strategies such as time management techniques, setting boundaries, seeking support from friends or mentors, etc.
"Why" goals.	Goals aligned to values.	30	<ul style="list-style-type: none"> Computer with internet access and a projector with audio. Digital copy of page 1 of the Why Goals worksheet to present to the class. Printed copy of page 2 of the Why Goals worksheet for every learner. 	<ol style="list-style-type: none"> 1. Watch Simon Sinek's TED Talk: "How Great Leaders Inspire Action" (watch until 10:49). 2. Project page 1 of the Why Goals worksheet to the class. Discuss values and some examples. 3. Using page 2 of the Why Goals worksheet, learners identify and list their top 10 values in the triangle. From this list, they are to identify and list their top 5 in the triangle. These are their core values. 4. Have learners set a SMART goal aligned to their 'why'. They should have intrinsic motivation to accomplish this goal!
Mime the character strength.	Develop an understanding of the 24 character strengths.	20	<ul style="list-style-type: none"> Character Strengths slide presented to class. Also refer to the VIA Character Strengths website. 	<ol style="list-style-type: none"> 1. Display the Character Strengths slide and talk through the over-arching virtues and their character strengths. 2. In pairs or groups, students choose a character strength and act it out, without using words. The other students are to guess the strength they chose.

I'M a WELLBEING WARRIOR!



To look after my  body, I...

by.....



Activities I do and I lose track of time...

Think of a funny joke and share it with a friend!



I am good at...

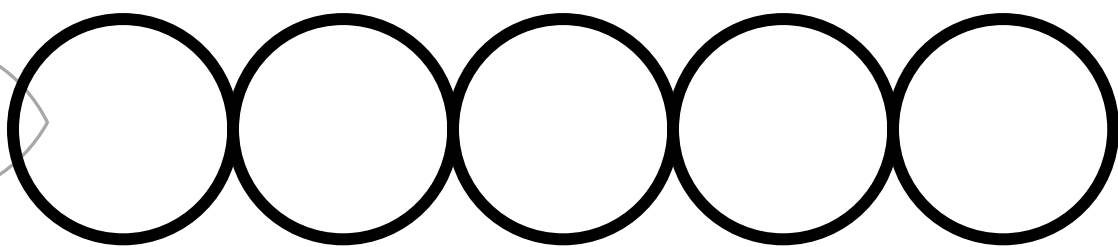
People who make me feel safe and happy...

A WAY *to be* CALM AND *present*

by.....
Inside or outside the classroom, write or tick in the circles when you find...

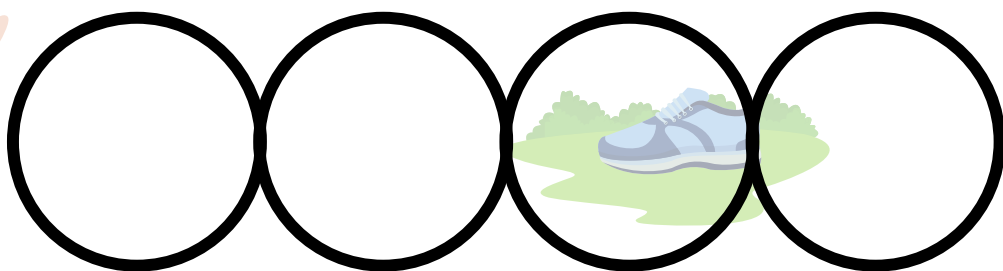
5

things
you can
SEE



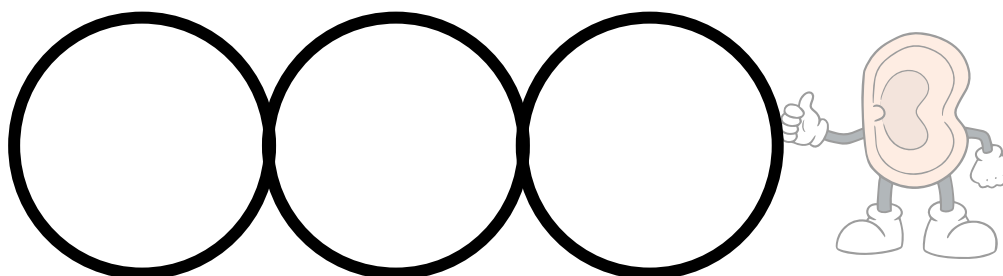
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things you
can TOUCH
or FEEL



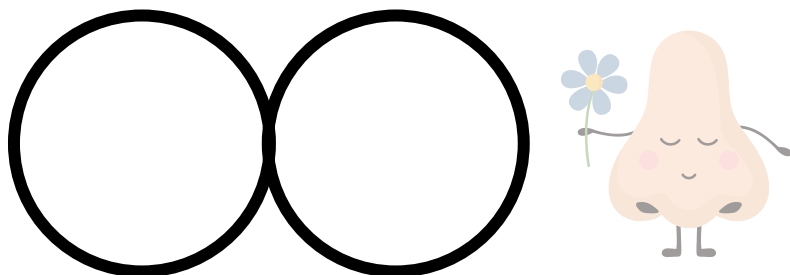
3

things you
can HEAR



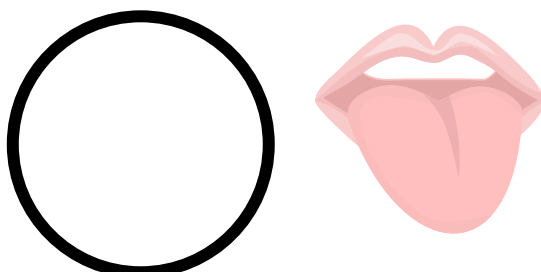
2

things you
can SMELL



1

thing you
can TASTE



Kindness WHEEL

by

Below are some ways you
can show kindness.

Challenge your friends to

see who completes their wheel of kindness the fastest! Once
you've completed each activity, colour it in on your wheel.



24 Character Strengths

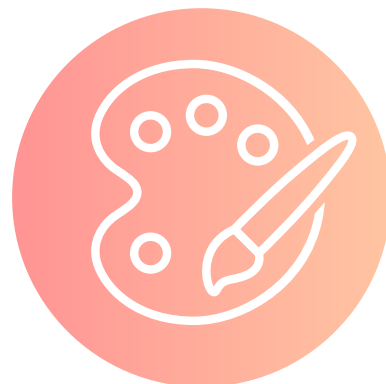
Appreciation of
beauty &
excellence



Bravery



Creativity



Curiosity



Fairness



Forgiveness



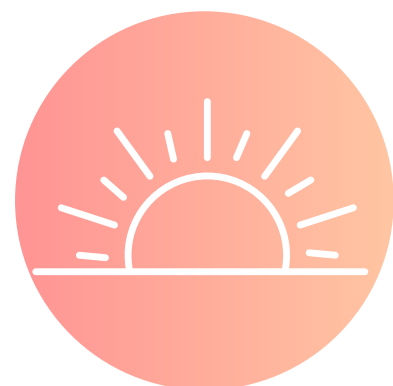
Gratitude



Honesty



Hope



Humility



Humour



Judgement



Kindness



Leadership



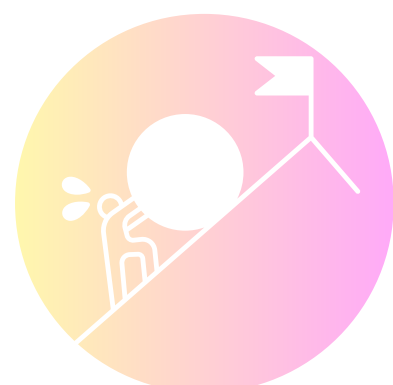
Love



Love of Learning



Perserverance



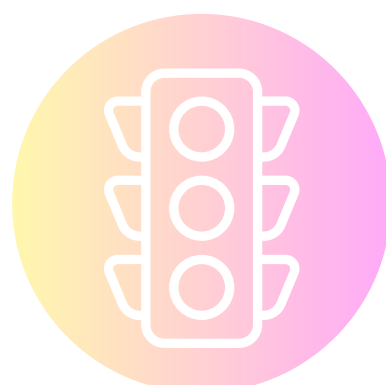
Perspective



Prudence



Self Regulation



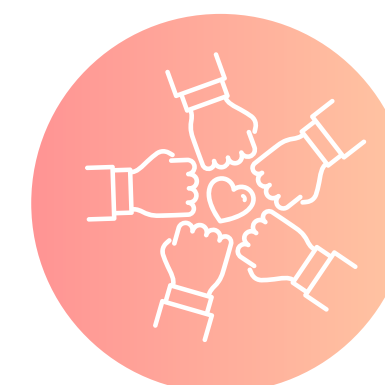
Social
Intelligence



Spirituality



Teamwork



Zest



WELLBEING WARRIOR ★ ★ BADGE ★ ★

We all have strengths! Colour your badge and write or draw one of your character strengths

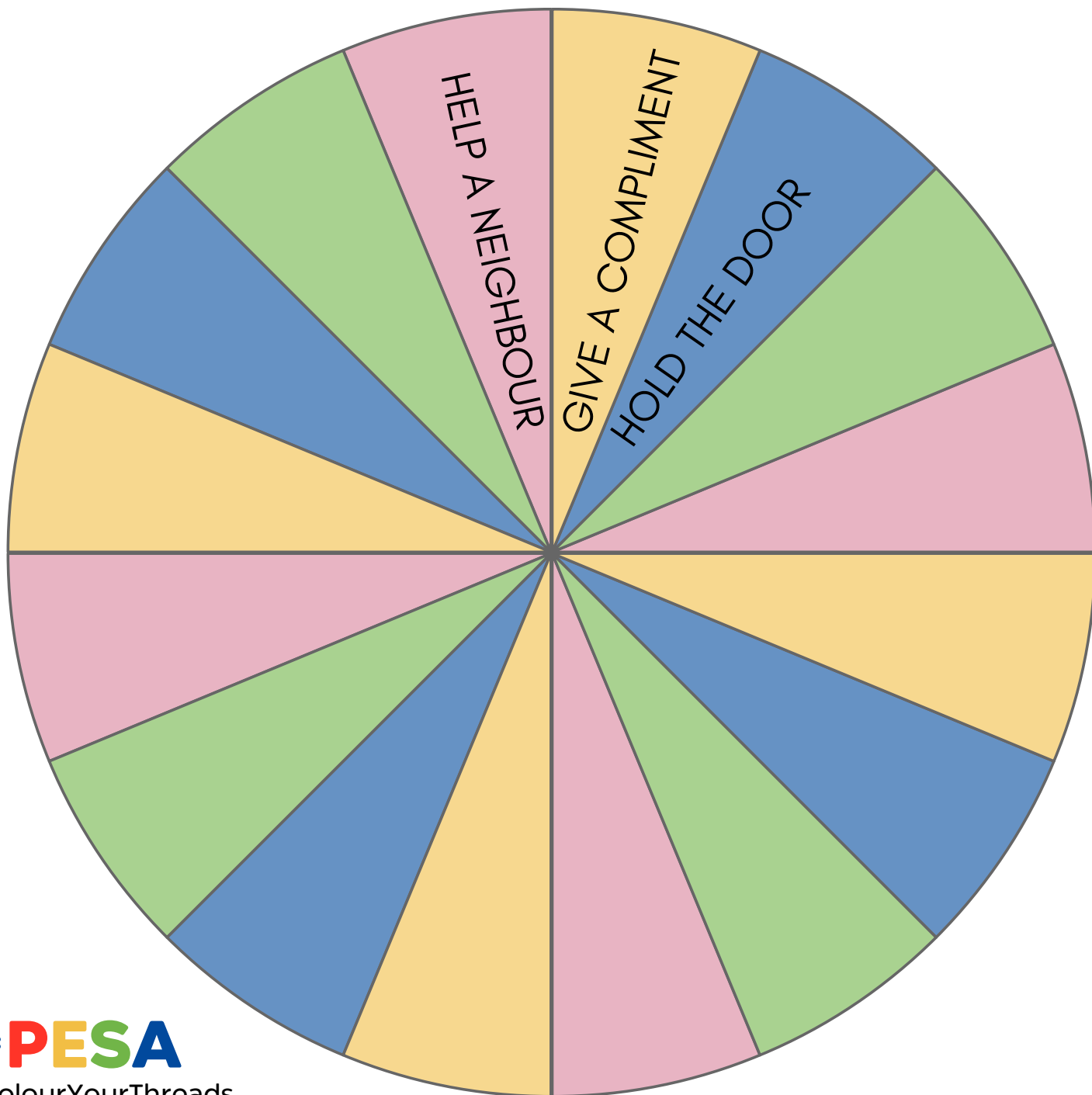


Kindness WHEEL

by

Brainstorm some ways you can show kindness and list them inside the wheel.

Challenge your friends to see who completes their wheel of kindness the fastest! Once you've completed each activity, colour it in on your wheel.





Values are the **principals** or **ideals** we hold as important, good, desirable, or worthwhile.

They are our basic and fundamental **beliefs** that are closely linked to our **identity** and they guide or **motivate** our attitudes and behaviours.

Here are some examples of values:

Acceptance	Justice	Assertiveness	Belonging
Compassion	Courage	Honesty	Humour
Friendship	Faith	Trust	Self-control
Fairness	Independance	Leadership	Perserverance
Helpfulness	Education	Curiosity	Kindness
Excellence	Optimism	Empathy	Love
Generosity	Discipline	Open-mindedness	Diligence
Loyalty	Family	Fame	Adventure
Humility	Integrity	Reliability	Wealth
Truth	Recognition	Thoughtfulness	Wisdom
Determination	Cooperation	Cheerfulness	Decisiveness
Fitness	Fun	Belonging	Beauty

Why GOALS

Choose from the suggested list, or come up with your own values. Choose your top 10 values. From this list, select your top 5. Write them in the sections below.

Top 10 Values



Top 5 Values

My 'why'
goal is:

Choose **one** of your top 5 'core' values. Think of a goal you wish to achieve that is aligned to this value. Write your **'why'** goal in the bubble.

Remember to make your goal

SMART i.e.

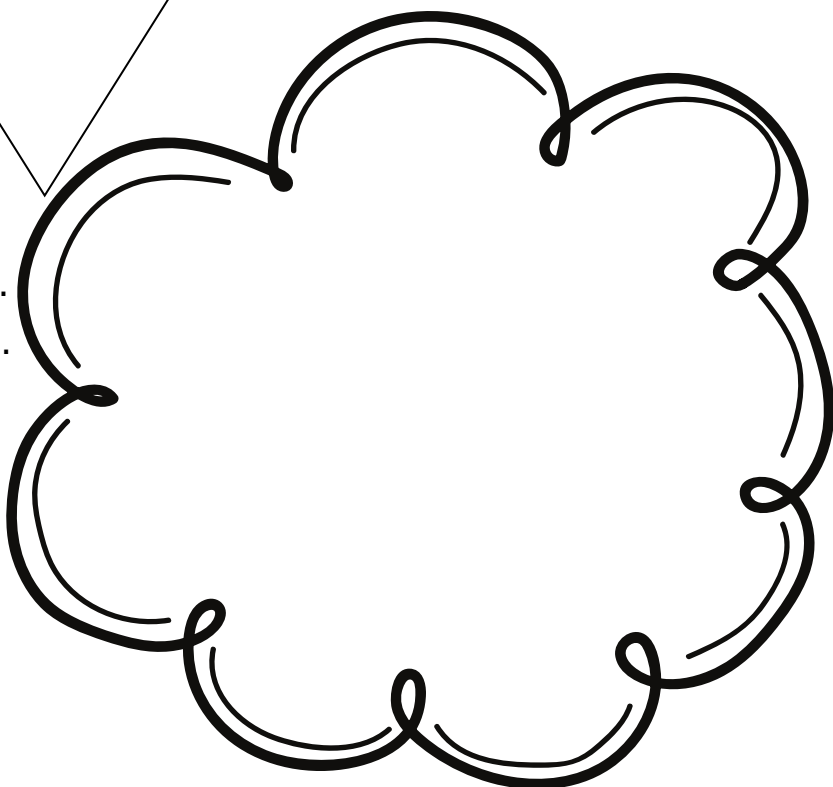
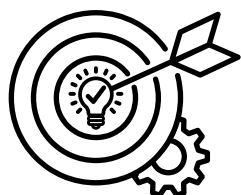
Specific

Measurable

Attainable

Realistic

Time bound





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Stay connected

