

## 3 Weeks of Wellbeing

A 3 week program to build gratitude, kindness and servitude in grade 3 & 4 students.

*Courtney Howard, Cambridge Primary School*  
[courtney.howard@education.tas.gov.au](mailto:courtney.howard@education.tas.gov.au)

## **WHAT** we did

- Week 1 – Gratitude – Journal every morning
- Week 2 – RAKS – Perform a few RAKS, we scaffolded with what and who
- Week 3 – A service project for others



## HOW we did it

- Week 1 – Gratitude – Character Lab Playbooks
- Week 2 – RAKS – Students voted, who and what
  - They chose their parents, the RHH Children's Ward, and people less fortunate than themselves
  - They overwhelmingly wanted to cook
- Week 3 – A service project for others
  - We made 300 sushi rolls and shortbread biscuits

# OUTCOMES



*What have you done with my son?  
He just thanked me for his dinner.  
Please keep it up!*



Courtney Howard, Cambridge Primary School  
[courtney.howard@education.tas.gov.au](mailto:courtney.howard@education.tas.gov.au)