

Positive Thinking!

Here are some ideas to help us keep thinking positive. Remember, it is important to look after our mental health; continue to practice mindfulness activities every day (including mandala, breathing, yoga).



Positive Thinking Diary

For one week, record a positive thought for every day. Think back and reflect on the day. Try and write something that went well for each day.

Monday	Tuesday
Wednesday	Thursday
Friday	Saturday
Sunday	

5 things I love about myself:

Can you write down 5 things that you love about yourself? You can also colour and decorate your page.

5 Things I Love About Myself

A simple line drawing of a stick figure person in the center. Surrounding the figure are five empty circles, two on the left, two on the right, and one at the bottom, intended for writing down five things the person loves about themselves.

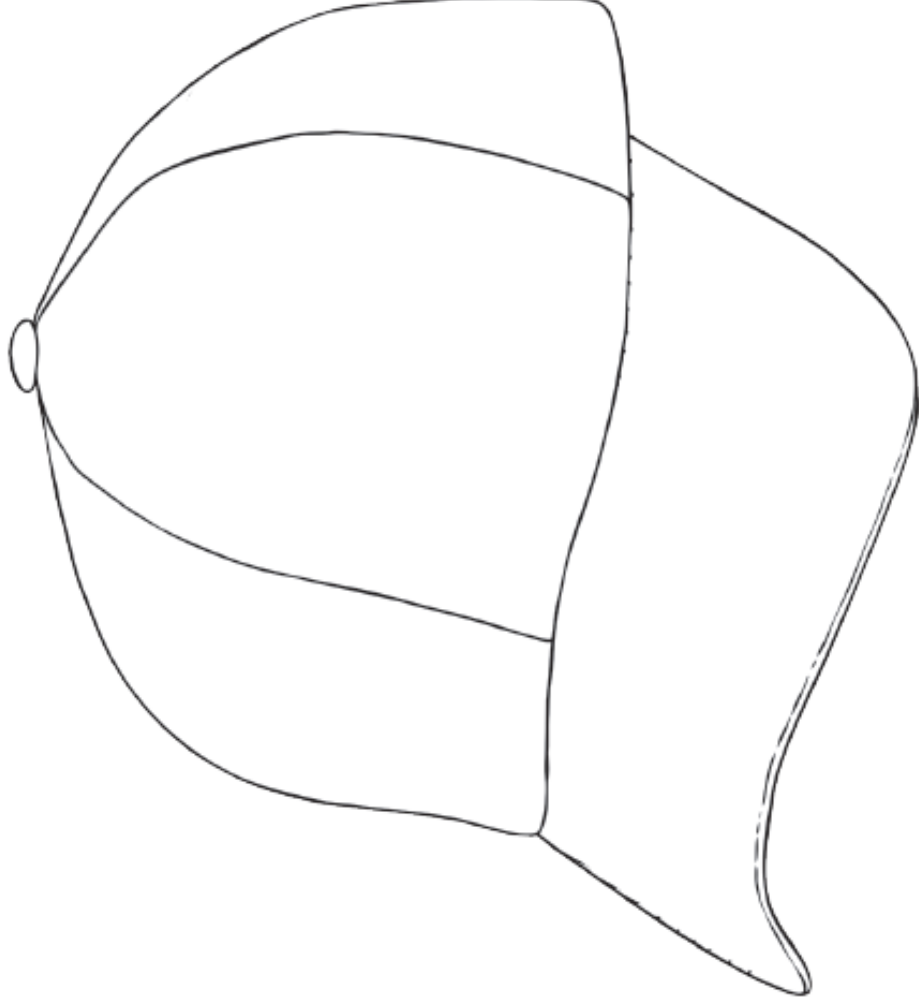
Positive Thinking

Design a Positive Thinking Cap

Using the outline below, design a cap with colourful messages about positive thinking. You might want to try different kinds of writing, or use symbols and illustrations. Just remember to keep it positive!

Helpful words and phrases:

- You can do it!
- Go for it!
- Keep going!
- I can do this!
- This is great!
- Challenge
- Perseverance
- Resilience
- Determined
- Goal
- Reach for the stars!
- Happy
- Stick at it!
- Super me!



I Am an Amazing Person!

Read and finish the sentences in the balloons below.

