

How many positives

Instructions:

1. **Introduce** the idea of looking for positives, e.g. ask children to think of one good thing that happened the day before. Explain that thinking positively or negatively (being optimistic/pessimistic), can become a habit and can affect your mood and levels of happiness.
2. **Describe** how sometimes we can all get in the habit of noticing the negative stuff more than the positive, and this activity helps to rebalance this.
3. **Give out** the template and explain that they need to write some words in each shape, e.g. I have people around me I trust and who love me, I am a good friend, I can ask for help when I need it. They can write 2 or 3 per shape and think about how each one makes them feel.
4. **Share** some of your own features with the group, explaining how each one makes you feel. If anyone volunteers to share one of theirs, allow them to. Ask the children to keep their sheets safe and to remind themselves of their assets regularly.
5. **Revisit** this activity after some time so that children can add to their list of assets.

