

Pants of Positivity: Feel ready to take on the day wearing your 'Pants of Positivity! What pictures, words, colours would you have on your pants to make you feel great about the day ahead and give you that feeling of being unstoppable?

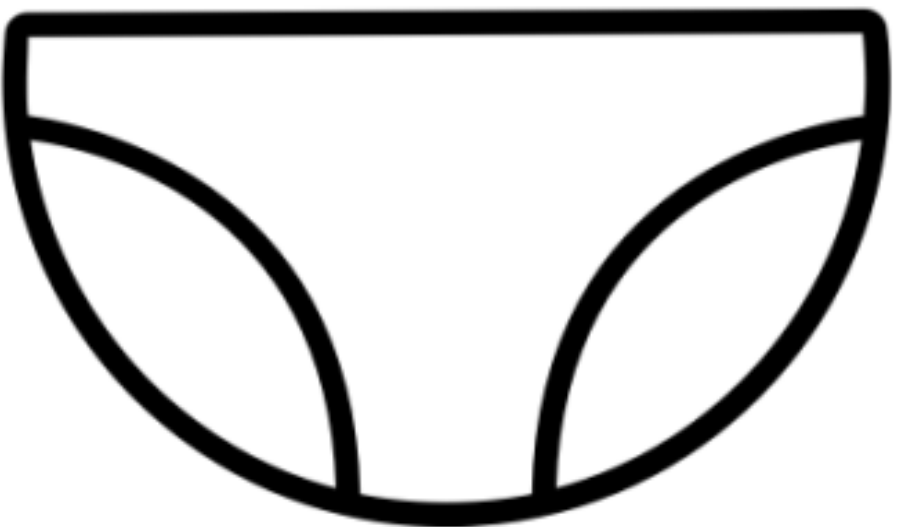
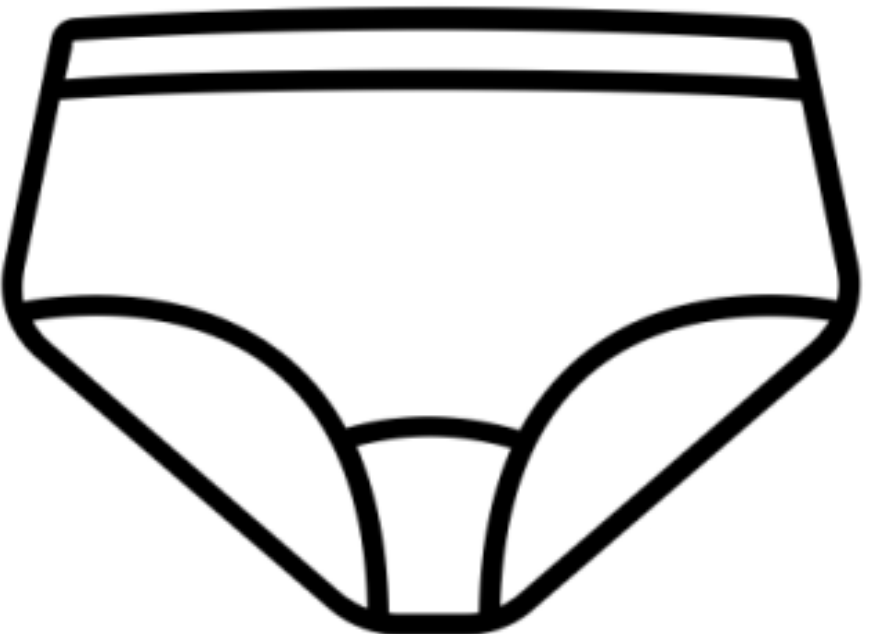
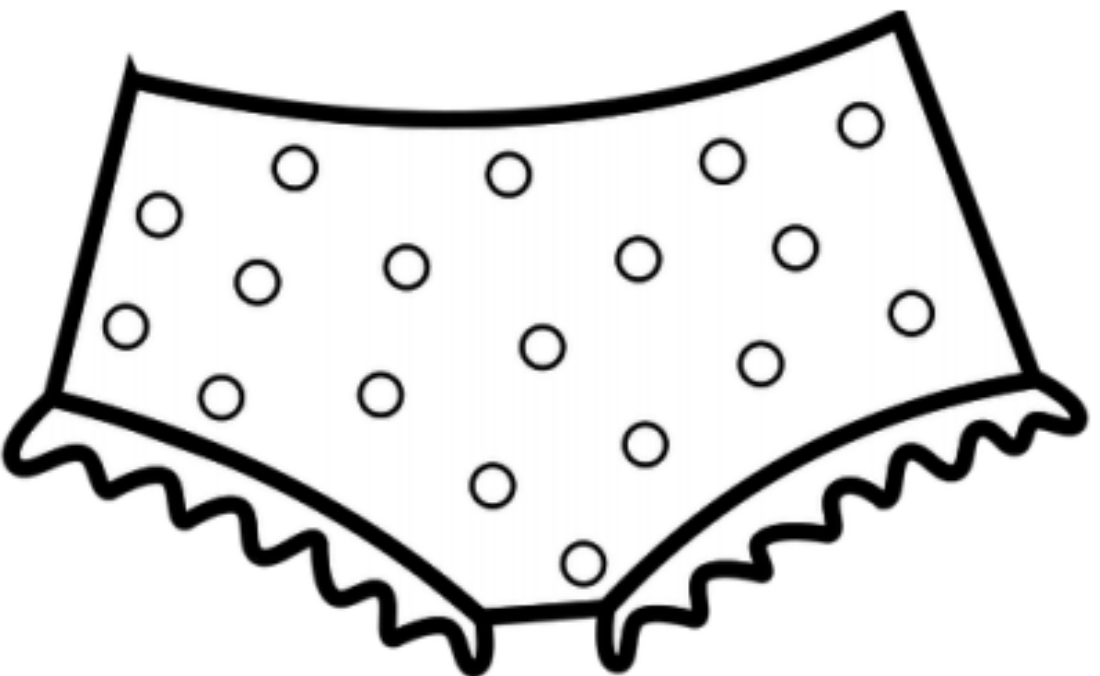
Worry Tree: We all have moments when things can seem a little too much for us to cope with. Writing your worry down and adding it to the trees, shares your worry with others. You don't have to put your name, but just by writing it down it will help you feel better. When it is no longer a worry or you have a way of coping, the leaf can fall from the tree.

Garden of Gratitude: We all things and people we are thankful / grateful for. Why not plant a flower in the 'Garden of Gratitude' and say thank you to them.

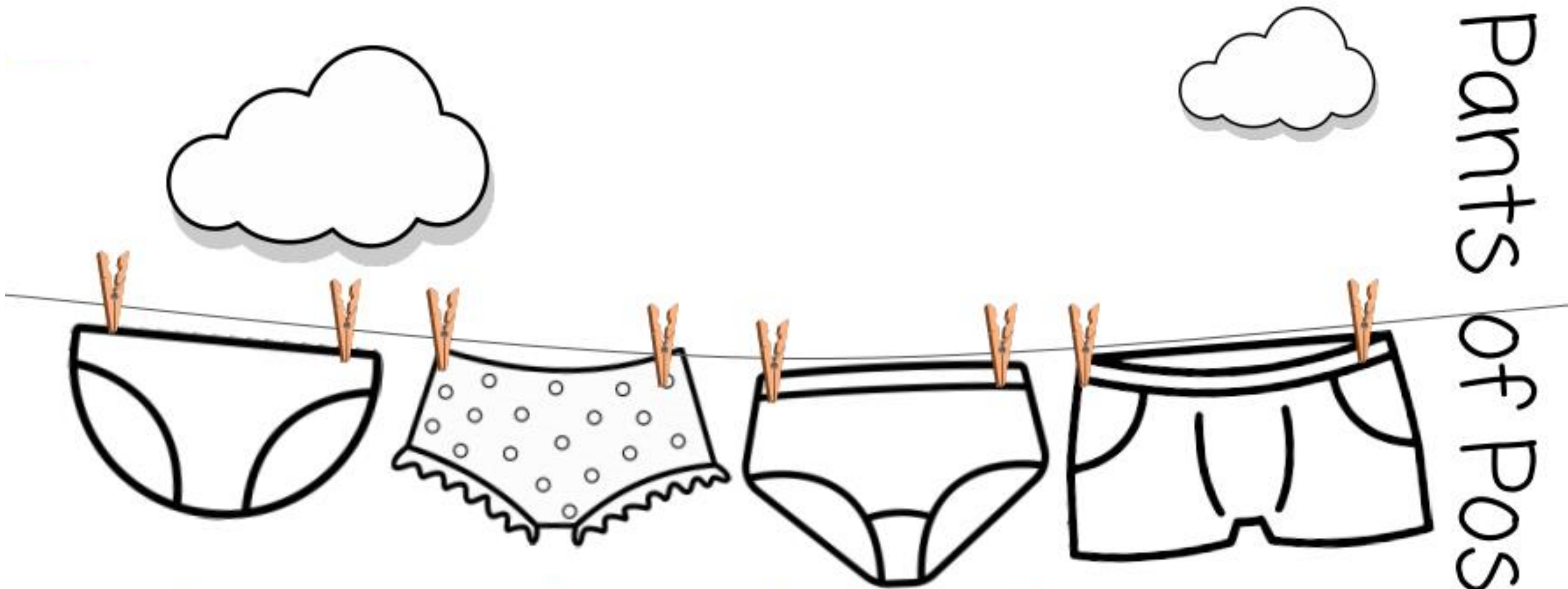
Pond of Reflection: Sometimes it is a good idea to take a moment of quiet and reflect (think back) on something that has happened. How did it make you feel at the time? Once we acknowledge something, we can then move on with our lives. Write it on a lily pad and show the emoji you were feeling. Then place it on the 'Pond of Reflection' and let it float away.

I hope you enjoy these simple activities that help children to reflect on themselves and get in touch with their feelings.

PANTS OF POSITIVITY



Pants of Positivity

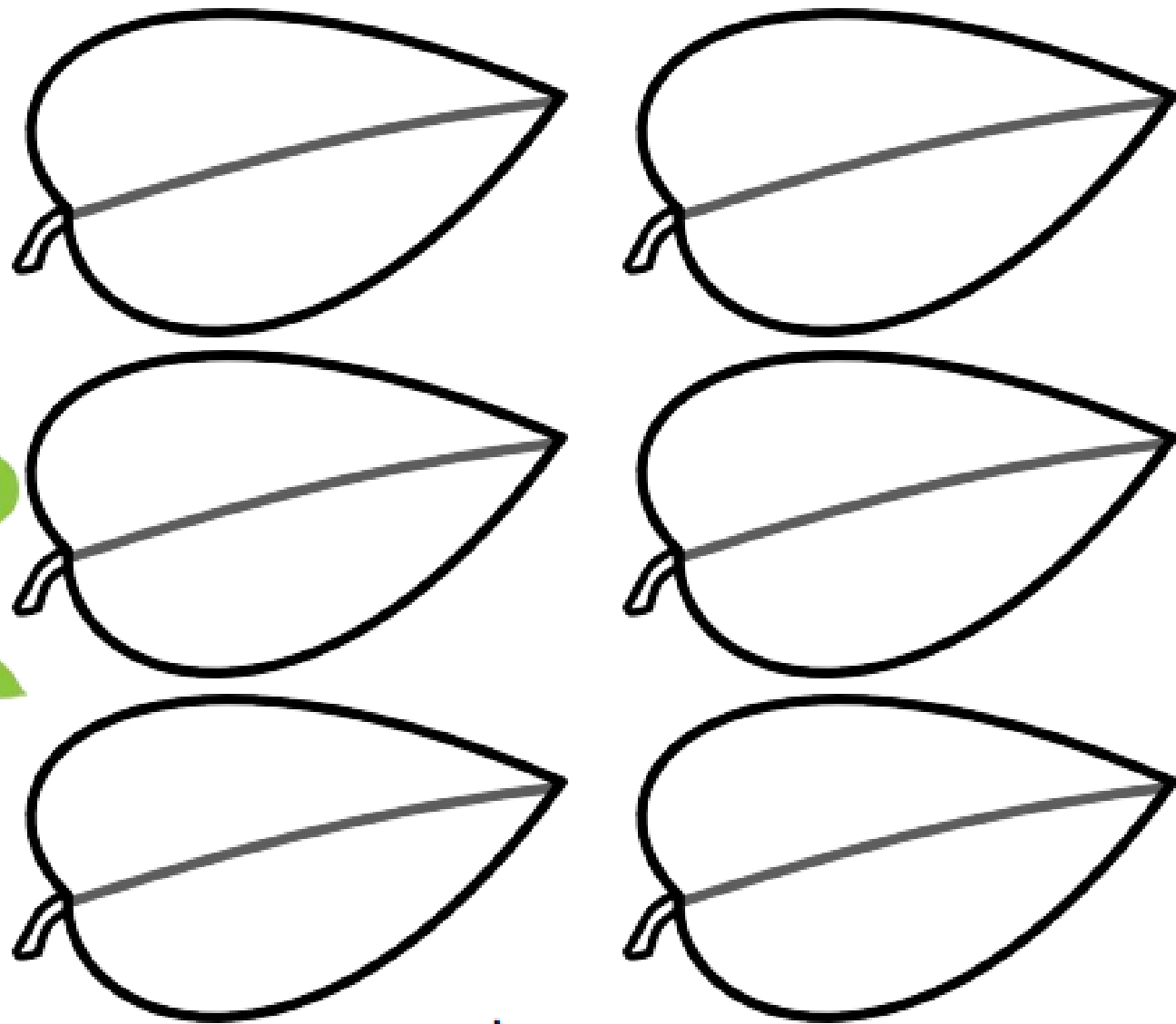


Create some positive pants to make you feel like you can take on the world!

What would you include in your design?
What makes you feel happy and positive?
Can you think of a logo to use?

Nice pants!



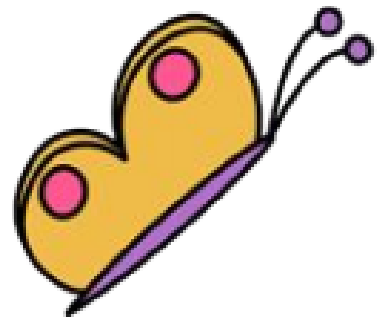


Worry Tree

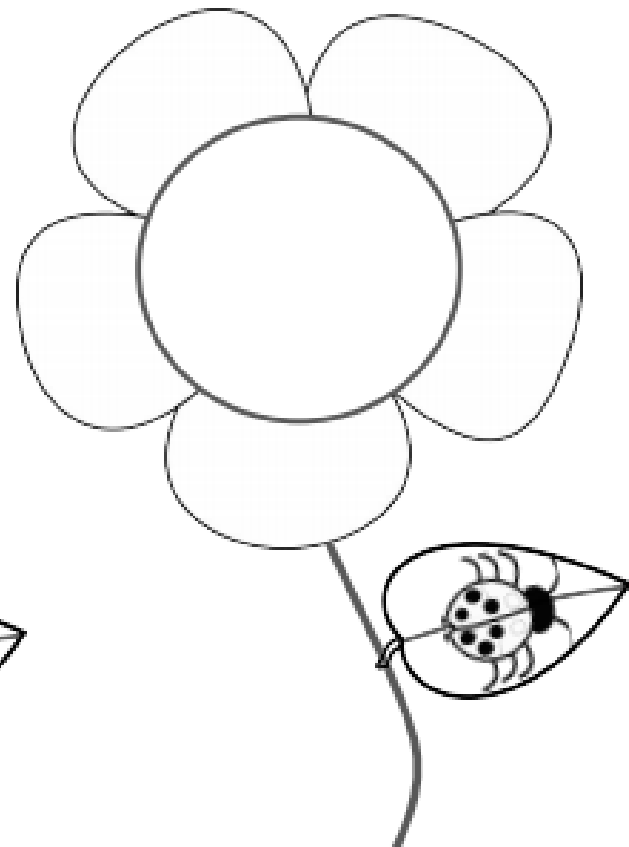
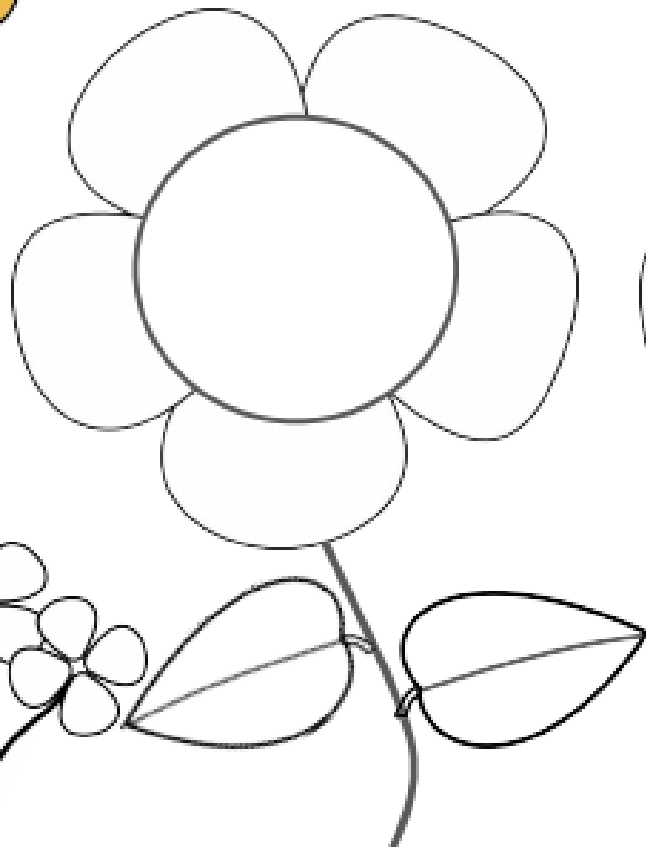
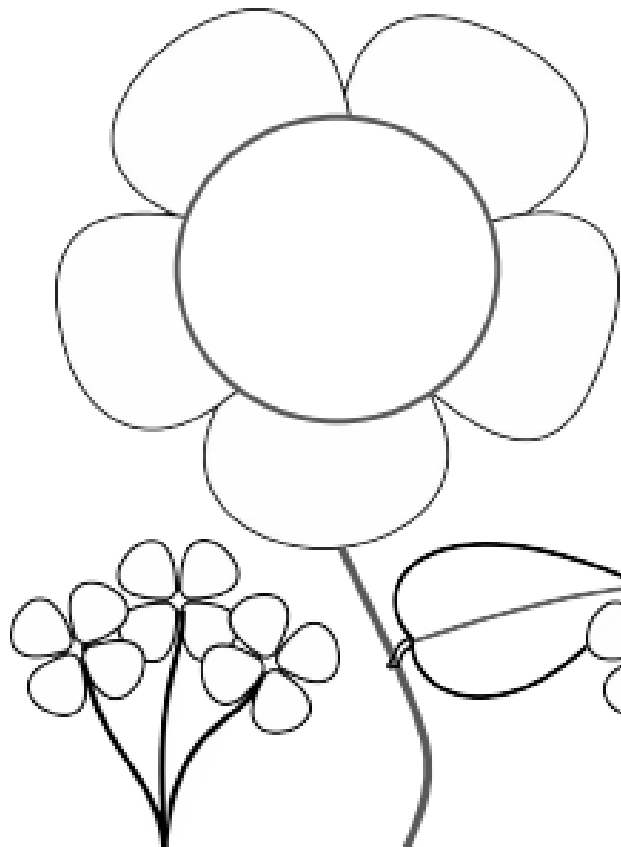
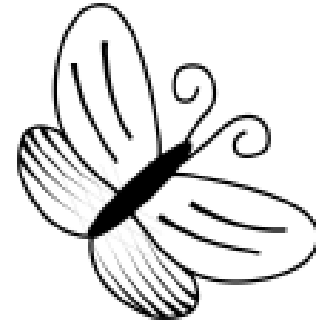
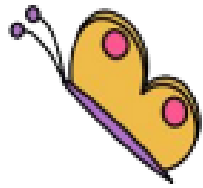
Share your worries and concerns.

A worry shared, is a worry halved.

Don't worry...be happy. Once you find you aren't worried anymore, remove your leaf from the tree.



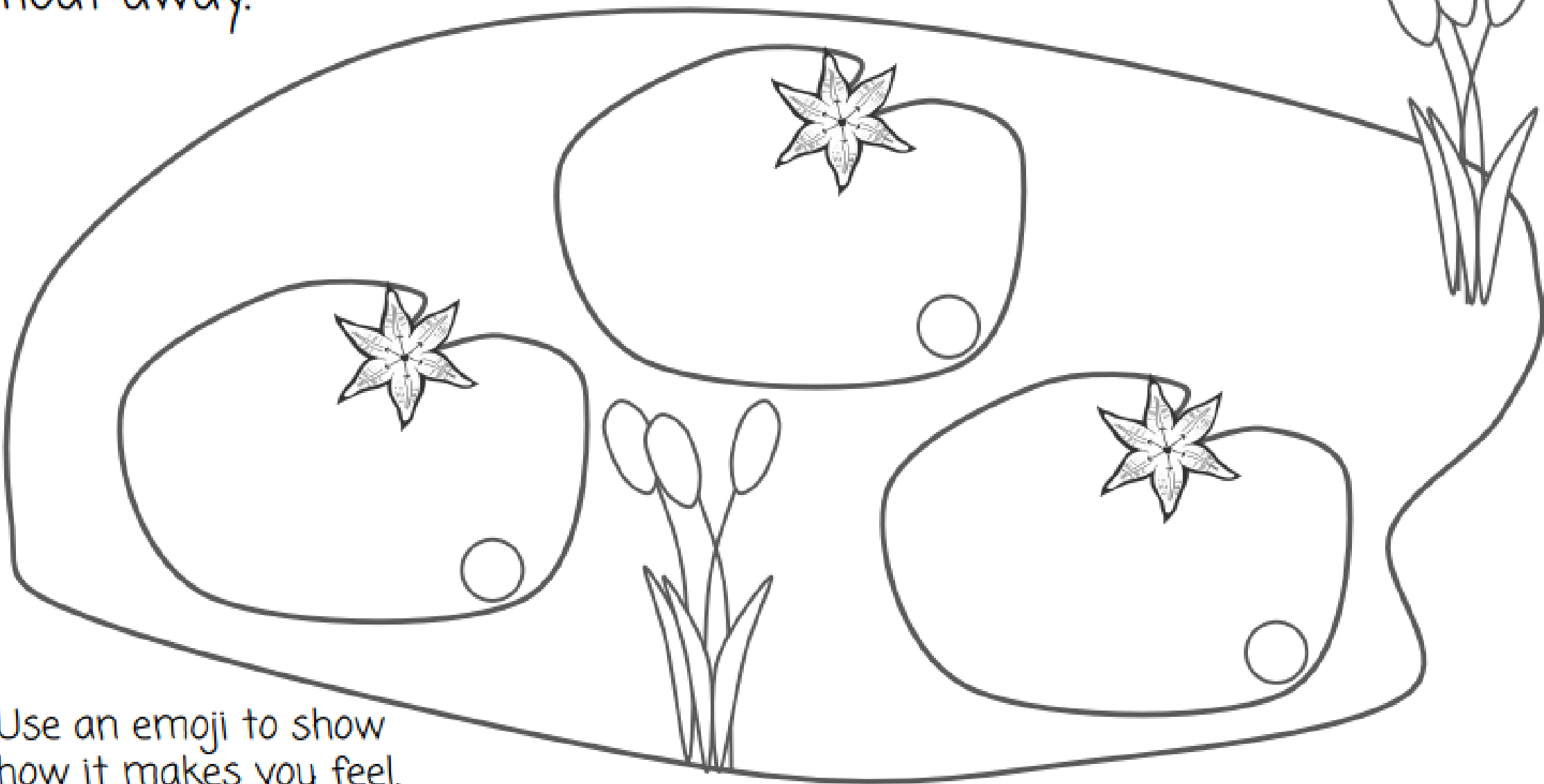
Who or what are you grateful for?
Let us know by planting a flower. Draw or write.



Garden of Gratitude

Pond of Reflection

Reflect on the past days, weeks, months and write down your reflection. Then set it free on the pond of reflection to float away.



Use an emoji to show how it makes you feel.