

# PSHE - Week 5

Positive thinking

# Try to think of a happy thought



Let's all sit very quietly.  
Try to clear your mind.  
If it helps, you can close your eyes.  
Now, think of a happy thought...  
This could be something you are looking forward to or a happy occasion that you were part of. It might be a thought about a particular person or place that makes you feel happy.

# What Is Positive Thinking?



Look at this water bottle.

Is it half full or half empty?

What do you think?  
Discuss it with someone  
at home.



People say that someone with a positive attitude will see the bottle as half-full.

They look at the positive (noticing that there is still some drink left), rather than the negative (noticing that some drink has gone).

# A positive attitude

Thinking positive thoughts and trying to see the best in a situation is called having a positive attitude. It can help to make you a happier person.



So, even though it might be hard to always be positive if we try to stay positive we can feel much happier.  
How can we be happy?

Smile and laugh.

Find ways to relax  
your mind.

Let go of mistakes.

Spend time with  
family and friends.

Take up a hobby or  
join a club.

Be fair and honest.

Appreciate yourself.

Work hard to  
achieve a goal.

Care for others.

# Activity (optional)

Draw a picture of all of the things that make you feel happy and positive.

Use some of these ideas to help your drawing.

What makes you smile and laugh?  
Do you have any hobbies?

Are you working hard towards a goal?

Smile and laugh.

Find ways to relax your mind.

Let go of mistakes.

Spend time with family and friends.

Take up a hobby or join a club.

Be fair and honest.

Appreciate yourself.

Work hard to achieve a goal.

Care for others.