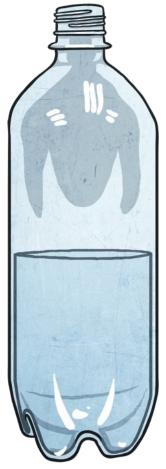
PSHE - Week 5

Positive thinking

Try to think of a happy thought



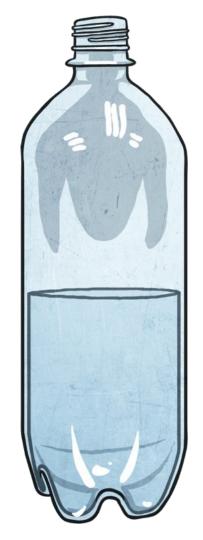
What Is Positive Thinking?



Look at this water bottle.

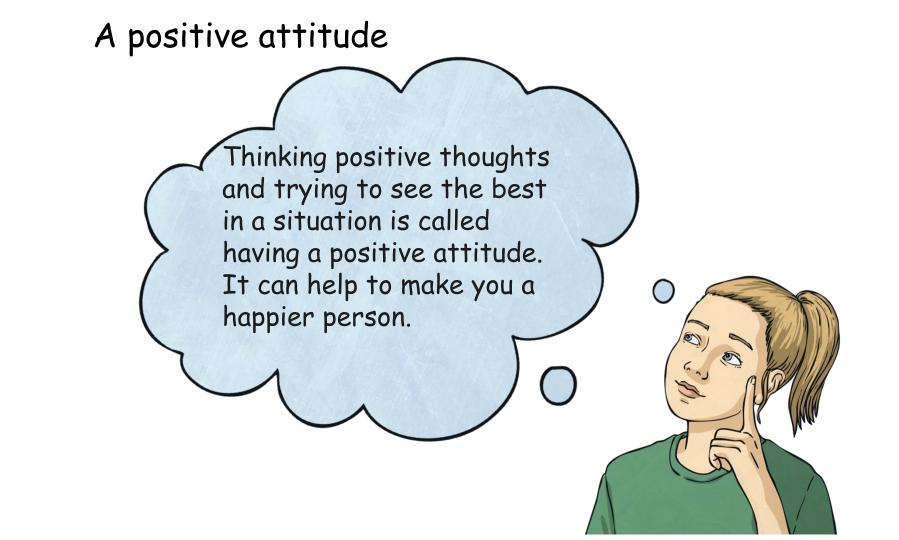
Is it half full or half empty?

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).



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 qoal?

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.