

# Think Positive

In support of Children's Mental Health Week

## Today Is a Good Day

Tell the children that a positive thinker is someone who looks for the good in every situation. A great way to get in the habit of positive thinking is to focus on what is good about today. It can be something that has already happened, or something that is going to happen, that you are looking forward to. It can even be something you plan to do for someone else, that will make it a good day for them.

An adult could start the activity, by starting with the statement, 'Today is a good day, because my class are having a circle time, which I really enjoy'. Or the adult could say something more personal to them, or something that has happened or is happening later in class that day.

## Smile and the World Smiles with You

Start the session by passing a smile around the circle, smiling to the person on your left, who then passes it to the person on their left.

Next, take turns to complete the sentence, 'Something that makes me smile is...'. Children can say anything at all that makes them smile. They might mention their friends or family, or particular activities they enjoy.

## Thumbs up

For the final activity, children will get a chance to say something positive and ask the other children to join in, if they agree, by putting their thumbs up. The adult could start by saying, 'Thumbs up if you believe a problem is there to be solved'. Or, 'Thumbs up if you think it's OK to make mistakes'. Or, 'Thumbs up if you think smiling is contagious'.

Each child can then have a turn at saying something positive. Younger children might just want to say things they like, and invite the other children to show whether they also like that thing, by putting their thumbs up.

