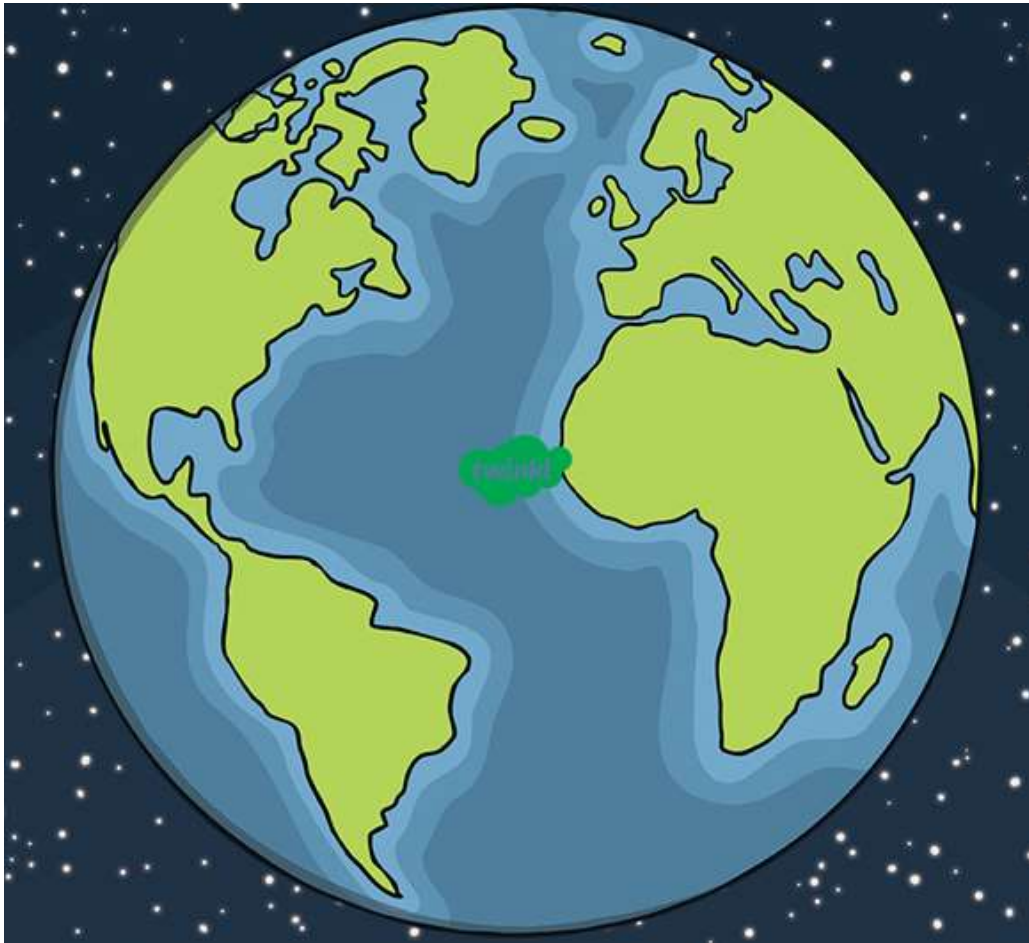


P3/4 Week of 22.02.21

Every year 22nd February is World Thinking Day.



Ask your adult to help you read the slides.

What Is World Thinking Day?

Girl Guides play games and think about Girl Guides and Girl Scouts all over the world.

They raise money to help other Girl Guides and Girl Scouts.

It is a way of feeling part of a huge 'family'.

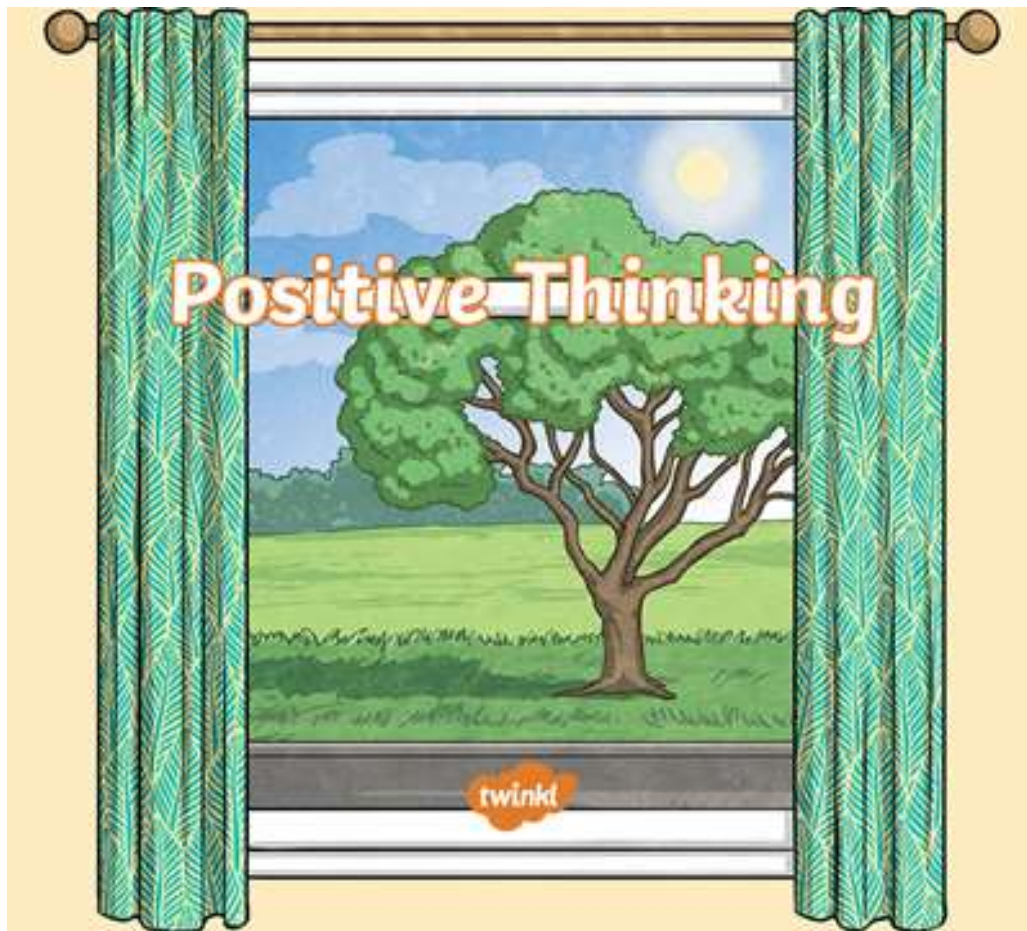


Reflection

Do you know anyone who is in the Rainbows, Brownies or Girl Guides?



What sorts of things do they do?



Think 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?

Is the bottle half-full or half-empty?

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

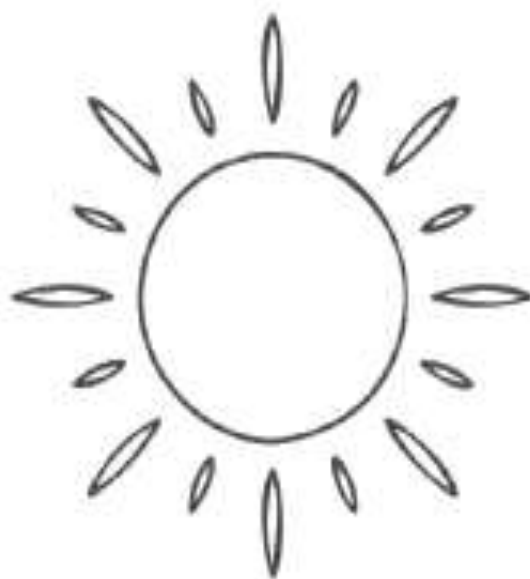
Thinking positive thoughts and trying to see the best in a situation is called having a positive attitude. It can help to make you a happier person and plays an important part in improving your mental health.



Positive Thinking

Look on the Bright Side

People with a positive attitude are said to 'look on the bright side'. Draw a picture of a happy you in the sunshine, using bright colours.



Positive Thinking

Design a Positive Thinking Cap

Using the outline below, design a cap with colourful messages about positive thinking. You might want to try different kinds of writing, or use symbols and illustrations. Just remember to keep it positive!

Helpful words and phrases:

- You can do it!
- Go for it!
- Keep going!
- I can do this!
- This is great!
- Challenge
- Perseverance
- Resilience
- Determined
- Goal
- Reach for the stars!
- Happy
- Stick at it!
- Super me!

