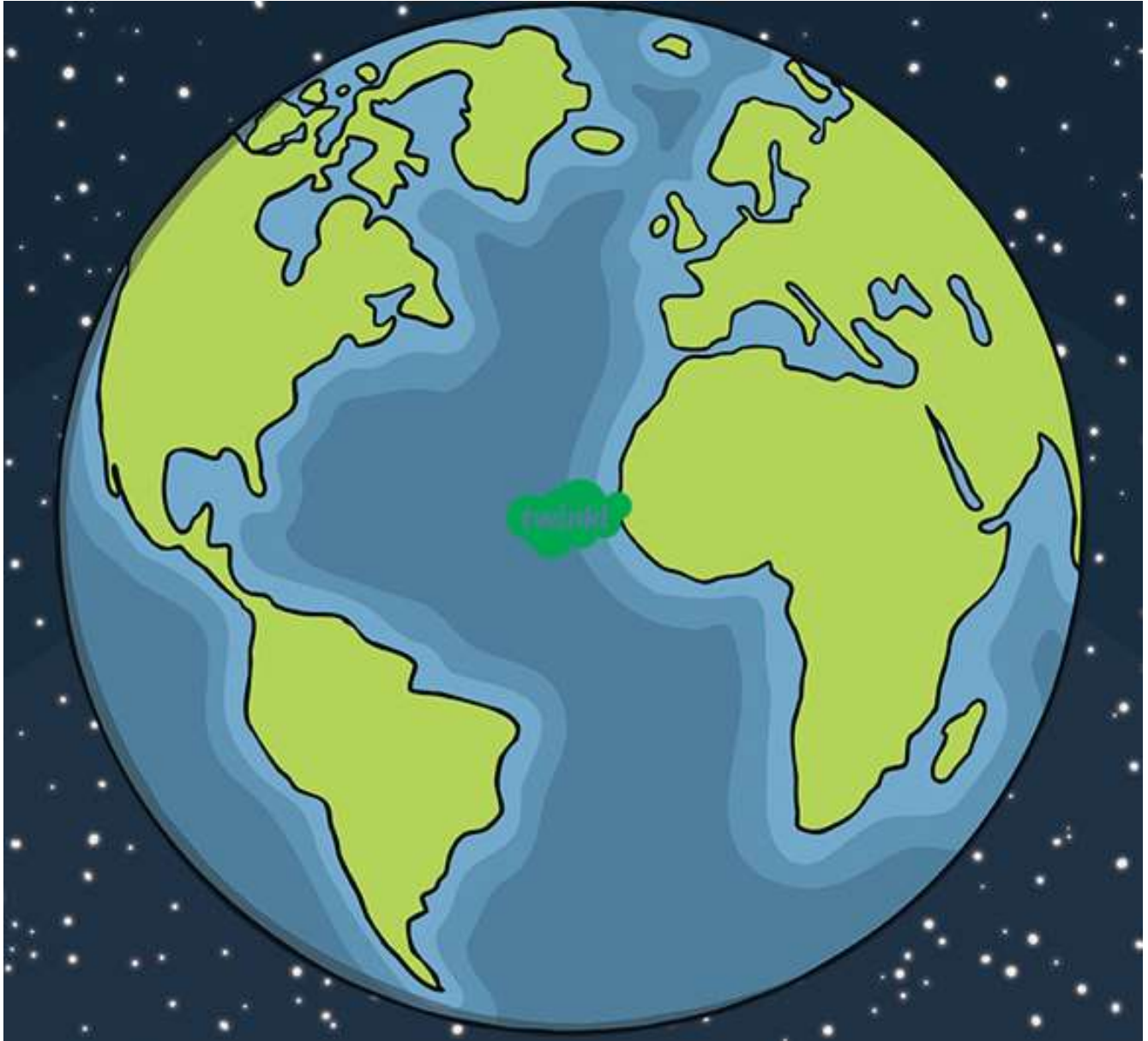


P4 Week of 22.02.21

Every year 22nd February is World Thinking Day.



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'.

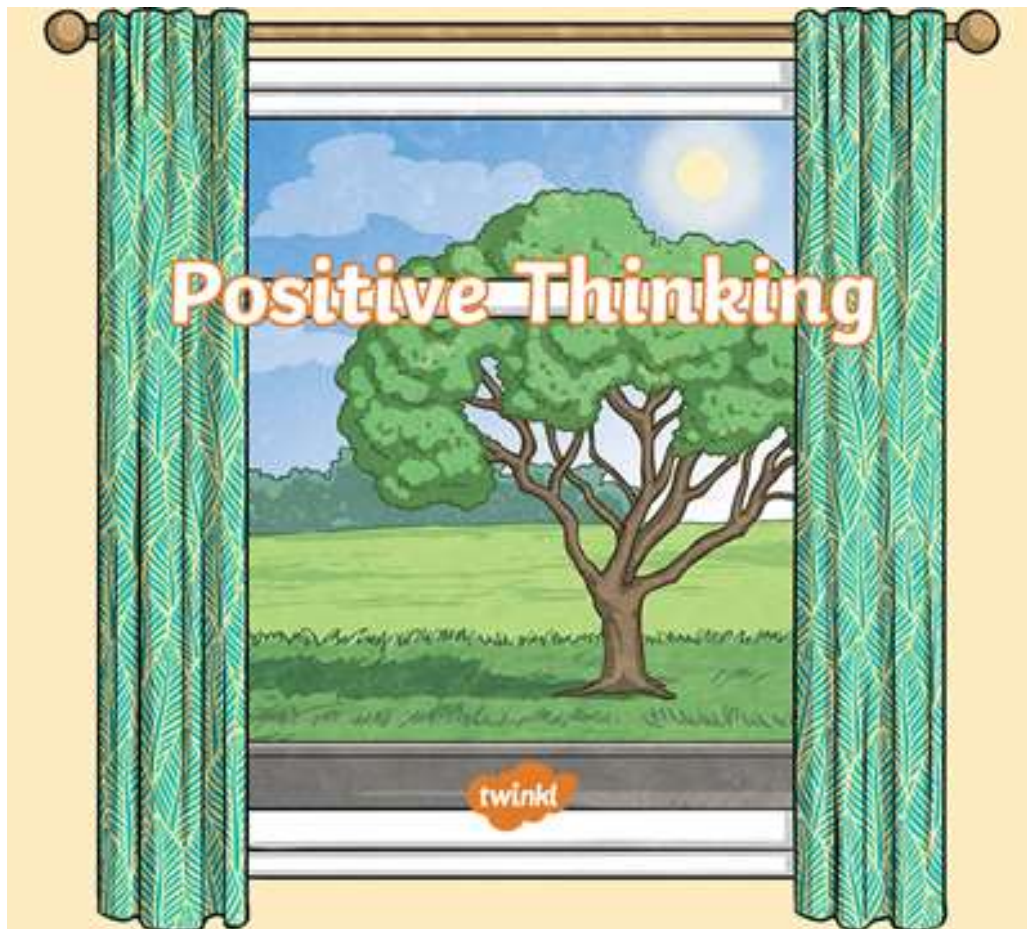


Reflection

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 Challenge Cards

Create an acrostic poem,
using the word UNIQUE.



Positive Thinking Challenge Cards

Draw a picture of yourself
doing something that
makes you feel happy.



Positive Thinking Challenge Cards

Use a thesaurus to find
synonyms for unique.
What are the antonyms?

Positive Thinking Challenge Cards

Imagine what the world would
be like if we were all the same.
Write or draw what you
think it would be like.



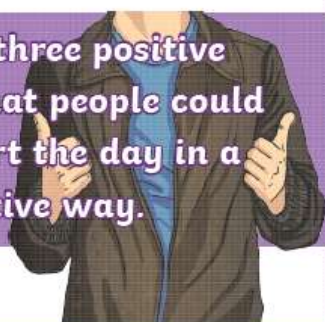
Positive Thinking Challenge Cards

List five things that
make you unique.
Illustrate your list.



Positive Thinking Challenge Cards

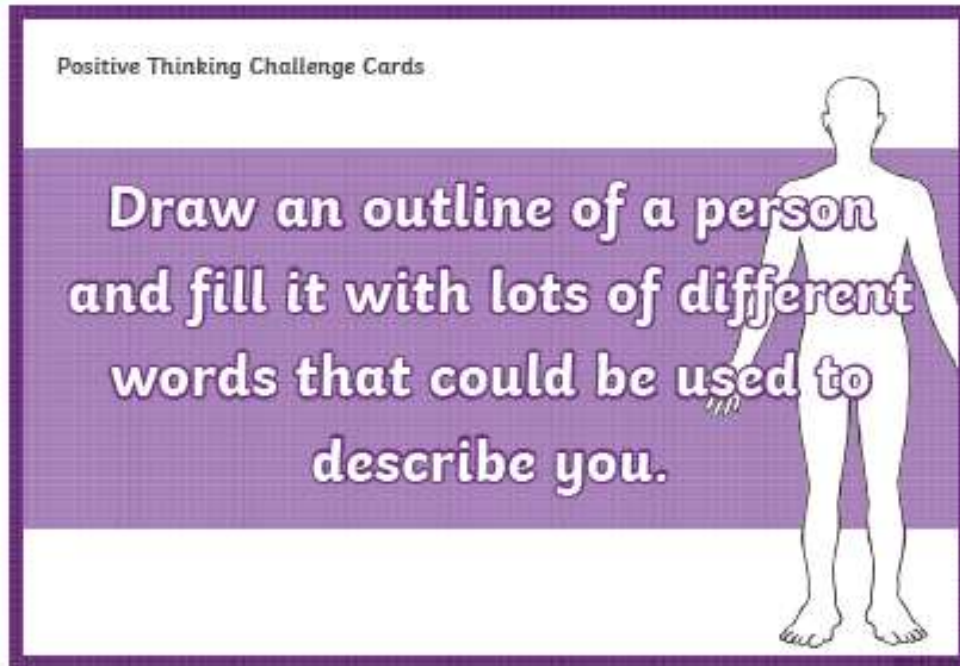
Think of three positive
thoughts that people could
use to start the day in a
positive way.



Positive Thinking Challenge Cards

Design a postcard to send
to cheer up a friend. Write a
message on the back to help
them with positive thinking.

P4 Week of 22.02.21



Positive Thinking

Think about a positive thought you have had recently. Write the thought on the top strip, the feeling you felt on the second strip and what you did or how you behaved on the third strip. Then cut out the three strips and make them into paper chain links.

Thought

Feeling

Behaviour