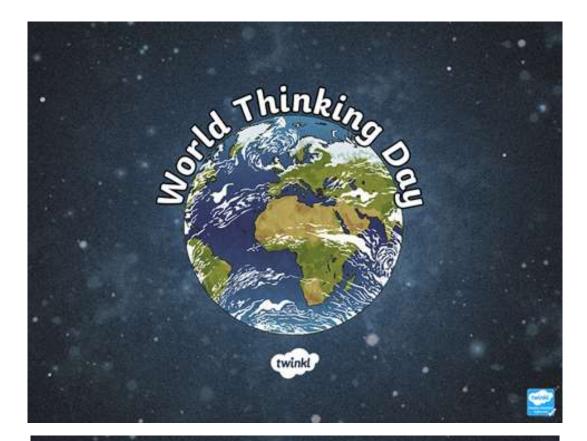
Every year 22nd February is World Thinking Day. Read the slides.



What Is World Thinking Day?

World Thinking Day is celebrated on 22nd February each year. It is celebrated around the world by 10 million Girl Guides and Girl Scouts in 150 countries.

See.



The first World Thinking Day was celebrated in the USA in 1926.

Girl Guides and Girl Scouts think of each other on this day. 10

They celebrate and give thanks for being part of this global movement.

They raise money to support the movement and allow members to participate around the world.

When Did It Begin

In the USA, at the fourth world conference in 1926, it was decided that there should be a special day each year for members of the organisations to think about what it means to be part of their organisation, to learn more about Girl Scouts and Guides in different parts of the world and the impact that being a member can have on people's lives.

The date was chosen as it was the joint birthdays of the founders of the scouting movements for boys and girls:

Lord and Lady Baden Powell.

ŝ.,

Conservation Tendory Cenade In 1933

The Impact of World Thinking Day

0

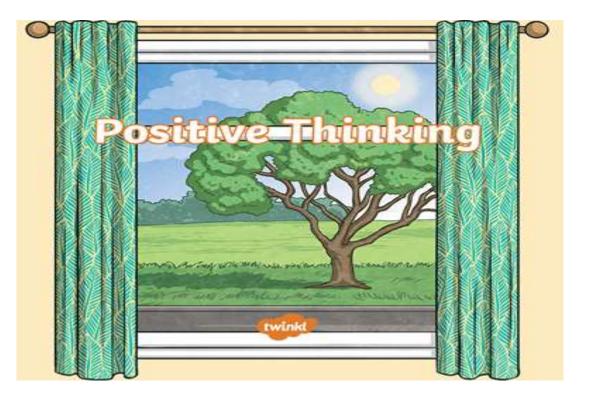
Traditionally, members of the Girl Guides and Girl Scouts donate one penny to the World Thinking Day Fund.

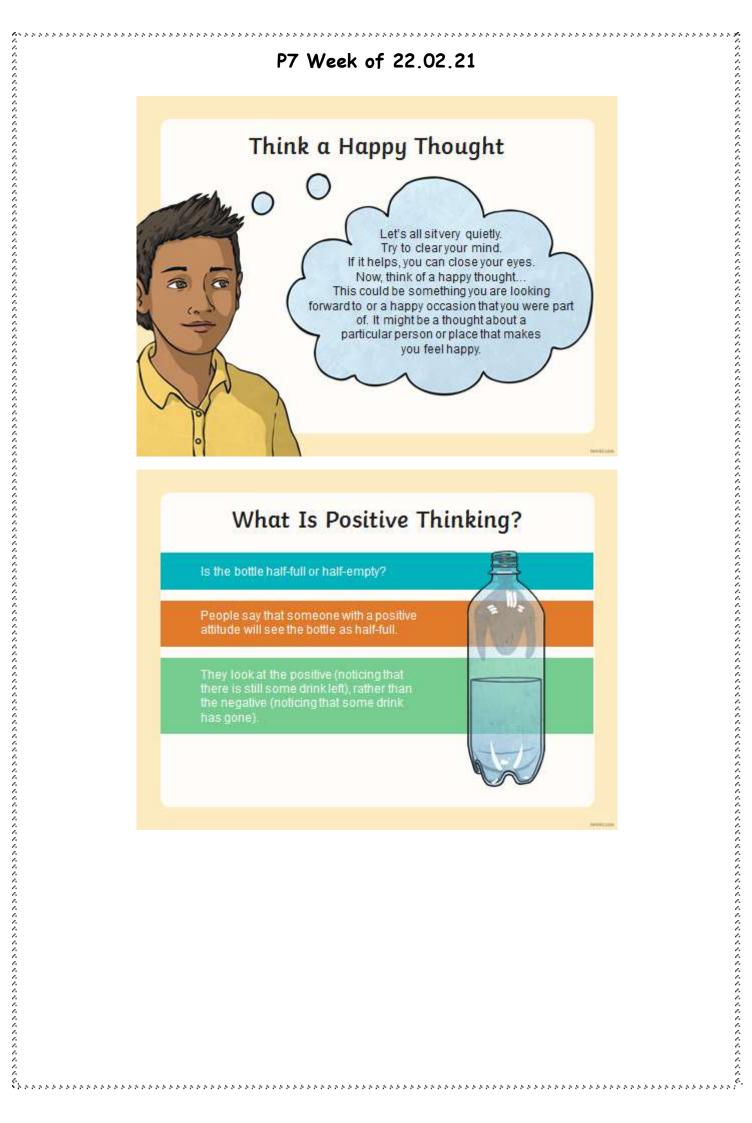
This started in 1932 when Lady Baden Powell wrote to all members asking them to donate one penny. At that time, this would have bought a loaf of bread.

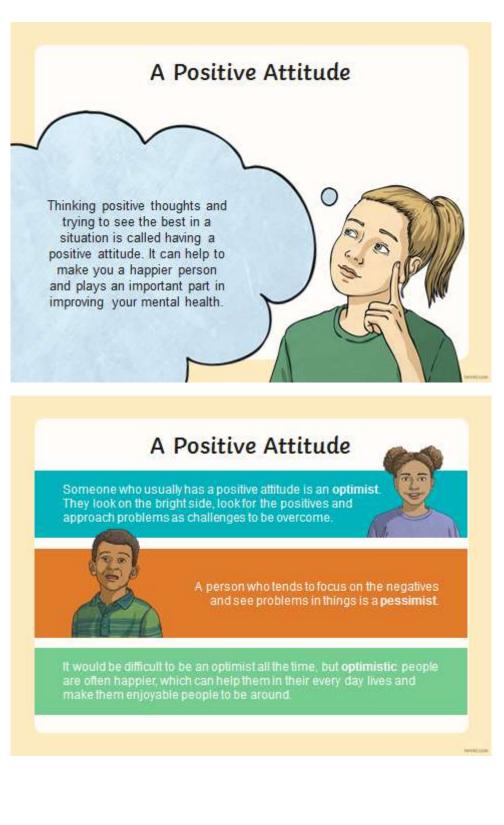


These days, with 10 million members worldwide, even a penny can have a big impact.

The funds raised can help Girl Guides and Girl Scouts around the world be part of the movement.







×

Positive Thoughts

Read the quotes below and discuss with your partner what they mean. Which one do you like the best?

"Every day may not be good, but there is good in every day." - Alice Morse Earle

"A positive attitude will lead to positive outcomes."

"Every cloud has a silver lining." - John Milton "Having a positive attitude is asking how something can be done rather than saying it can't be done." - Bo Bennett

"We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses." - Abraham Lincoln

> "A bad attitude is like a flat tyre; you can't go anywhere until you change it."

"Attitude is a little thing that can make a big difference." - Winston Churchill

A Positive Attitude

Which quote was your favourite?

Can you explain why you chose it?

Will you remember and use the quote you liked?

Why are quotes like these helpful?

How can positive thinking, or having a positive attitude, help us to have happy, healthy minds?

The Science of Happiness

Scientists have found that happy people are more successful. This means that they are more likely to achieve their goals.

In schools, research shows that happy children learn better and make more progress.

However, one study found that only 17% (that's 17 out of 100) of the people in the world are living truly happy lives.

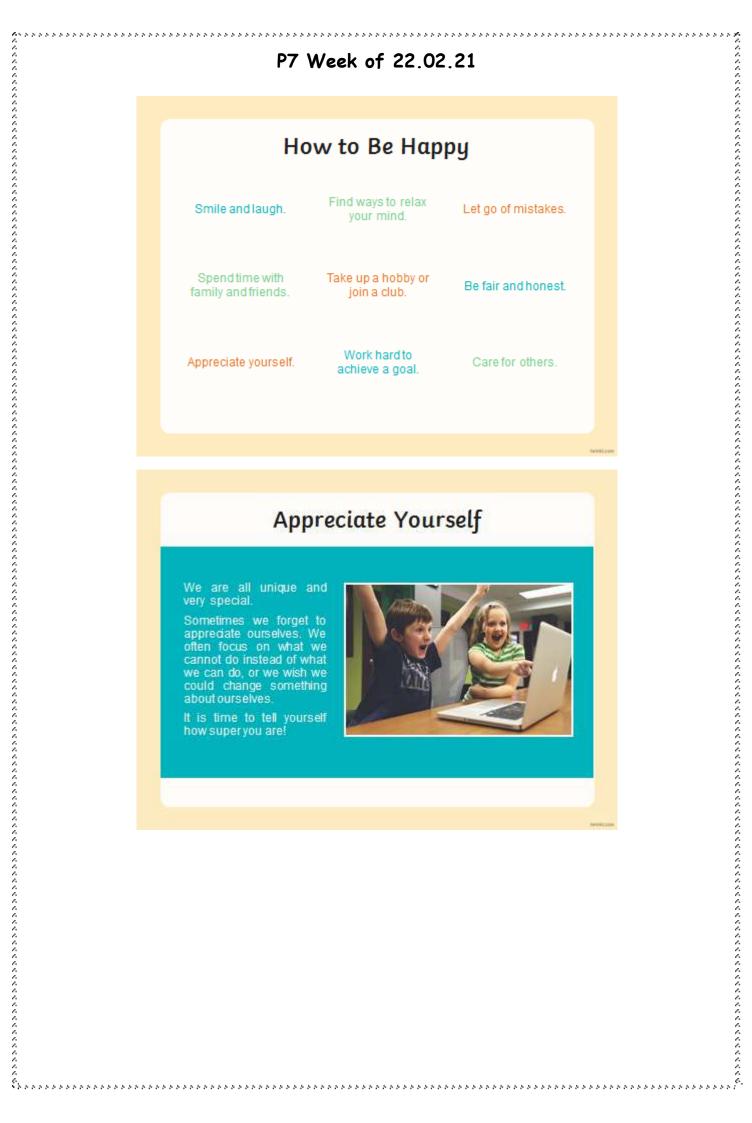


The Science of Happiness

Our brains are in charge of our feelings and emotions. There are chemicals in our brains that actually make us feel happy. There are four main chemicals:

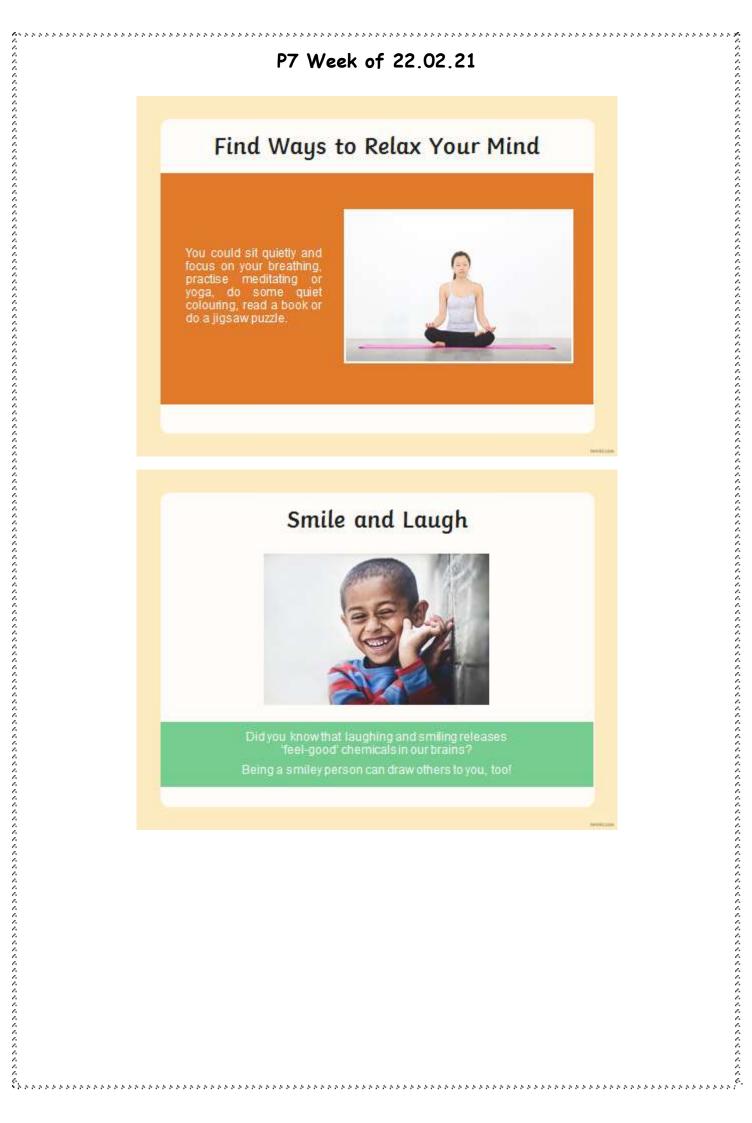
> dopamine oxytocin serotonin

The fantastic news is that there are things we can do to trigger our brains to release these 'feel-good' chemicals!















Take Up a Hobby or Join a Club





Finding something you really enjoy doing and then doing this with others who love it too can make us feel happy

It also keeps your mind busy, meaning there is less room for negative thoughts.

Work Hard to Achieve a Goal

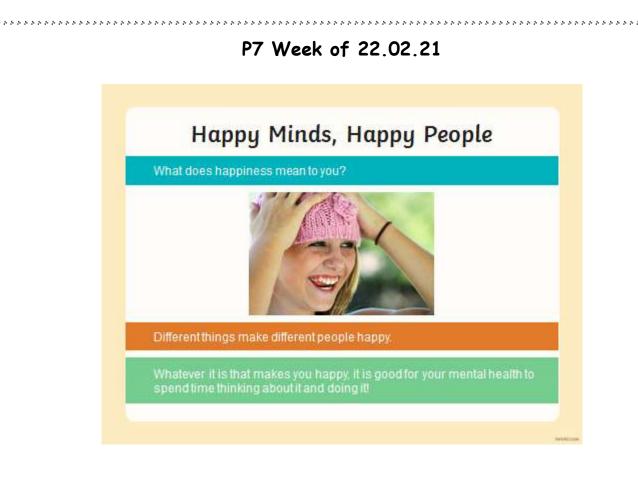
It feels OK when you do something you find easy...



but it feels great when you succeed at something you had to really try at!







Using the words below compose a positive statement.

Exxxx



