



THINGS I'M THANKFUL FOR

a person



a body part



an animal



a place



a smell



an activity



a food



a sound





POSITIVE PAUSES

Choose a topic to help you practise positive thinking. If you want, you can discuss with friends or write in your diary.



Something that makes you happy

A happy memory

Something about your personality that you or a friend love

Something beautiful you've seen today

Something you can do well

Look out of the window. What can you see that you are grateful for?

Something you're excited to learn about or discover

A good idea you've had



POSITIVE PAUSES

Choose a topic to help you practise positive thinking. If you want, you can discuss with friends or write in your diary.



The best part of your school day

A mistake you've made that you've learned from

Something you do that makes other people happy

A moment you were recognised for your achievements

A song that makes you happy

A moment where you tried something new

A dance you love doing. Teach your teacher!

Something in nature that seems magical