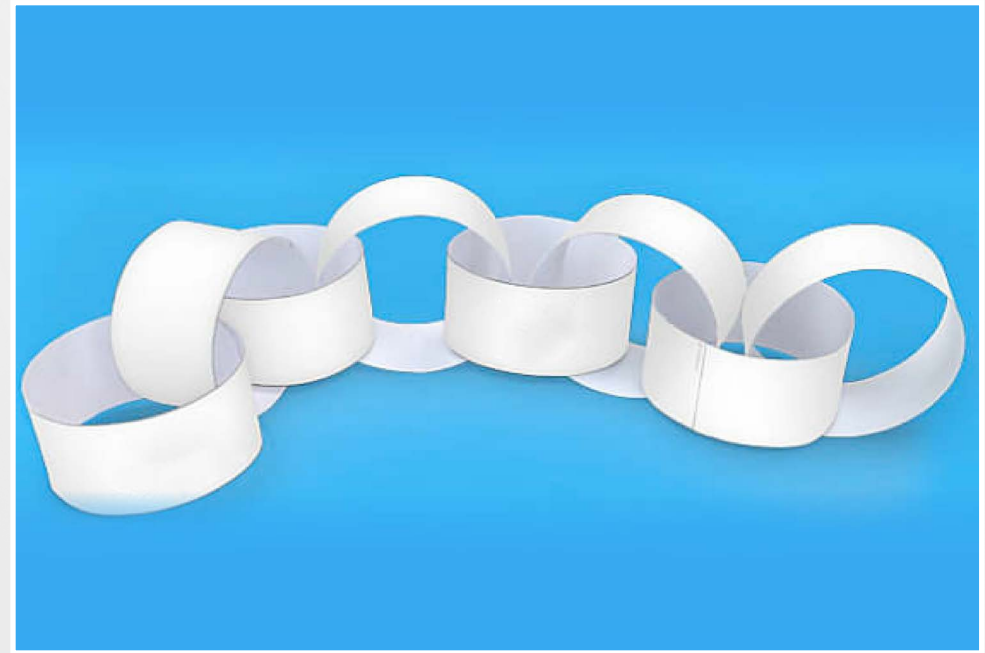


THINK POSITIVE!

Thinking positively is a really good way of helping your happiness and self-confidence. The below activity is here to help you do just that.

Use the strips to write something you have done recently or in the past and how that made you feel. It might be something you did at home, at school, on your own or with a sibling, parent or a friend. We have included a couple of examples to help! Once you have done that, cut the strips off and make a paper chain with them like the picture.



What I did	How I felt
Scored a goal in after-school football club!	Excited
Helped my dad to make breakfast	Pleased with myself because I learnt something

What I did	How I felt