



This year has been a challenge for everyone. There have been many changes in schools that have meant normal activities cannot take place, which can be disappointing and frustrating for children.

This resource aims to focus children on the positives, and to think with optimism about the future, by incorporating 12 days of activities and thoughts to promote positivity. Display this in your classroom and add it to your timetable so that you keep a daily focus on positive thinking.

We have also included a blank version so the class can adapt and create their own activity sheet to take home and do with their family over the school break.





DAY 1

Create a class positivity motto, add actions and create a jingle to hum along to. When someone is feeling down, do the motto dance to cheer them up.

DAY 2



Choose a positive word and create an acrostic poem naming something you are grateful for, for each letter of the word.

DAY 3



Go outside or look out the window. Think of things in nature that make you happy e.g. I love the bright blue sky, I love the frost on the grass.



DAY 4

Play a memory game like 'I went to the shops and bought...' but replace with 'I am grateful for...' Each pupil adds an item and you all chant the list. By the end of the game, you should have a list of 30 things your class is grateful for.



DAY 5

Have a whole class discussion and ask the children to think about anything they prefer about the 'new normal'. Make a mind map display so you can remind yourselves of the positives.

DAY 6



Tell the children today we are going to keep a tally of all the positives in the day. Model for them and keep a note of a score. Each day see if you can think of new ones and set a goal to break the previous day's record.



DAY 7

Today everyone think of a phrase to "big themselves up". They can then write it on a Post-it and stick it on a display, on their desk, or take it home to remind them of their positive attributes.

DAY 8



Ask each child to make a thank you card to someone in their life who they are grateful for and draw or explain why.

DAY 9



Get the children to do a gratitude scavenger hunt at home using [this activity sheet](#). Or create your own as a class and complete.



DAY 10

Explain to the children that doing good to others makes us feel more positive. For today's task, ask the children to do something kind for someone else. At the end of the day, discuss what everyone did.



DAY 11

Play the silver linings game! This is where you practise being positive or optimistic by thinking of a negative and flipping it to be positive. e.g. it's raining BUT ...that means the plants are getting a drink!

DAY 12



Think of three things that you look forward to achieving in 2021. The children could make an intention drawing, poster or letter of this.



DAY 1

DAY 2



DAY 3



DAY 4



DAY 5

DAY 6





DAY 7

DAY 8



DAY 9



DAY 10



DAY 11

DAY 12

