



# PSHE and Citizenship

Health and Wellbeing | Think Positive



# Happy Minds, Happy People



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# Aim

- I understand that having a positive attitude is good for us

# Success Criteria

- I can explain what having a positive attitude means.
- I understand how having a positive attitude can make a difference to our lives.

# **The Big Questions**

A cartoon illustration of a young boy with short blonde hair, wearing a green and yellow striped long-sleeved shirt and dark blue trousers. He is standing and pointing his right index finger upwards.

What is  
a happy  
mind?

A cartoon illustration of a young girl with short black hair, wearing a purple sleeveless vest over a pink top, a pink ruffled skirt, and a white belt with a large flower buckle. She is standing with her left hand on her hip and pointing her right hand towards the text.

How can it  
make a  
difference to  
our lives?

# Reconnecting

# What Is Positive Thinking?



Using the words below, discuss with a family member and compose a positive statement to share with your family.

great

enjoy

brilliant

smile

special

nice

good

amazing

better

best

fantastic

laugh

love

# Exploring



# A Positive Attitude



Thinking positive thoughts and always seeing the best in a situation is called having a positive attitude to life. It can make you a happier person and plays an important part in having good mental health.



# A Positive Attitude



Read the quotes below and discuss with a family member what they mean and see if you can choose the one you like the best.

“Every day may not be good, but there is good in every day.”

“Having a positive attitude is asking how something can be done, instead of saying it can't be done.”

“We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses.”

“A positive attitude will lead to positive outcomes.”

“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.”

# A Positive Attitude



Which quote was your favourite?

Can you explain why you chose it?

Why are quotes like these helpful?

Will you remember and use the quote you liked?

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

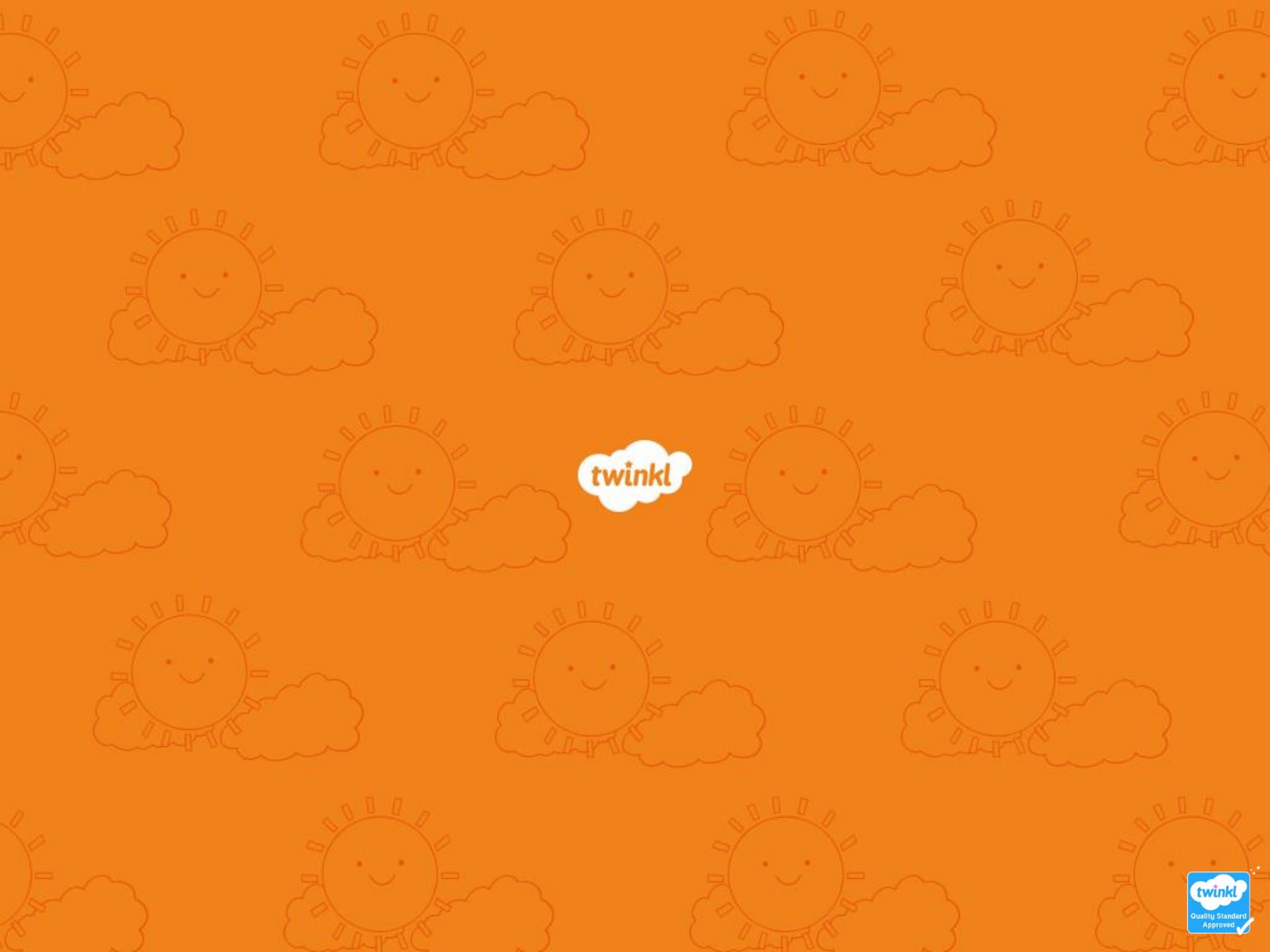


# Share a Happy Thought

Different things make different people happy. With a family member, share some happy thoughts that you might have. It could be a place or person that makes you feel happy, something that you are grateful for, a happy memory, or a positive thought that you would like to share with others. As we share these happy thoughts, think about how having a happy mind can impact our lives and make us feel good.



Now think of some positive and happy thoughts to describe yourself. You could write examples such as 'I am a good friend', 'I am kind', 'I am talented in football' or you could use some of the statements for Year 4 Attitudes and Dispositions. Complete the activity to create a positivity jar which you can keep at home to help you feel positive!



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