

Being positive 5–7 yr olds

The bright side

Circle Time

Explain to the children that there are always two ways to look at things. You can look on the bright side and see what is good or you can look on the dark side and only see the things that are not so good. Give them an example from your own classroom, for example, you look on the bright side when you see all the good work that they do. Say that you sometimes look at children's work that is not so good and feel unhappy and then it is not so easy to look on the bright side. Ask them to finish the sentence: 'I look on the bright side when...' Jot down what they say.

Draw a picture

Ask the children to close their eyes and think of a time when something was not so good but they had the confidence to look on the bright side. Ask the children to draw a picture of this and to write how they managed to look on the bright side.

Missing Sam

Sam was a very friendly and popular boy in his class. He was always cheerful and really good at games. One day he told everyone that he was moving to a new house and school. Lots of the children were really sad and gloomy about this.

I was sad when
I hurt my leg
then I
remembered it
would be better
in time for the
holidays.



Ask the children to think of how they would feel if this was their class and Sam was their friend. How could they look on the bright side? What could they do? Make a list of what they could do.

Send a postcard

Give each child a postcard sized piece of paper with a line down the middle of one side. Ask them to draw on the blank side a picture of themselves missing Sam and on the other side to write a cheerful message to Sam about looking on the bright side. Ask them to make up the name and address of Sam's school to put in the address place.

Activity sheet

Explain that they don't need to use the words in the wordbox if they have others. The space in the wordbox is for you to write other words they might need in doing this work. Before the children start this, talk about ways to cheer yourself up if things go wrong. Talk about what to do when things go wrong, how to make things better and how to make sure you try not to make the same mistake again.

The bright side

My name is.....

It is good to look on the bright side because

.....

.....

wordbox

- feel
- good
- positive
- helps
- cheerful

Write how you feel when you look on the bright side and how you feel when you don't.

on the bright side	not on the bright side
I feel...	I feel...

Draw someone in your family looking on the bright side.	This is..... They look on the bright side when...
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Turn over the paper.

Draw a picture of yourself looking on the bright side when something has gone wrong. Write about what went wrong and how you cheered yourself up.