

## Positive thinking Day 1

Today's activity is about challenging ourselves to think in a positive way. It is so easy to think in a negative way. Let's set a challenge for ourselves.

In the book series "Harry Potter", the headmaster ( the principal figure) awards students' good deeds in a point system.

First, let's divide the students into 3 to 4 groups.  
Give each group a situation where they have to come up with 5 positive things (5 points) that would come out of these given situations.

playing sports

Bonus point ( 1 positive thing): losing in a game

Eating snack

Bonus point ( 1 positive thing): the snack running out before you got seconds

Coming to school

Bonus point ( 1 positive thing): a teacher seeing you doing something dangerous or inappropriate

Making art

Bonus point ( 1 positive thing): having very few materials to work with

Second, make a sticker ( little paper and tape) that has a positive message on it for someone that you would like to it to.

(5 points)

If you got a sticker from someone, you must wear it.

If it falls on the ground throughout the day, please pick it up off from the ground and put it in the nearest trash bin.

Third,

Whole day challenge:

Go through today without saying anything negative

In order to take on this challenge, you HAVE to tell a teacher first!

By the end of the day, if you think you succeed in doing so, you get a warm fuzzy. Tell a teacher to give you one.

(10 points)

You may keep count on all the points you earn today but please don't brag! :)