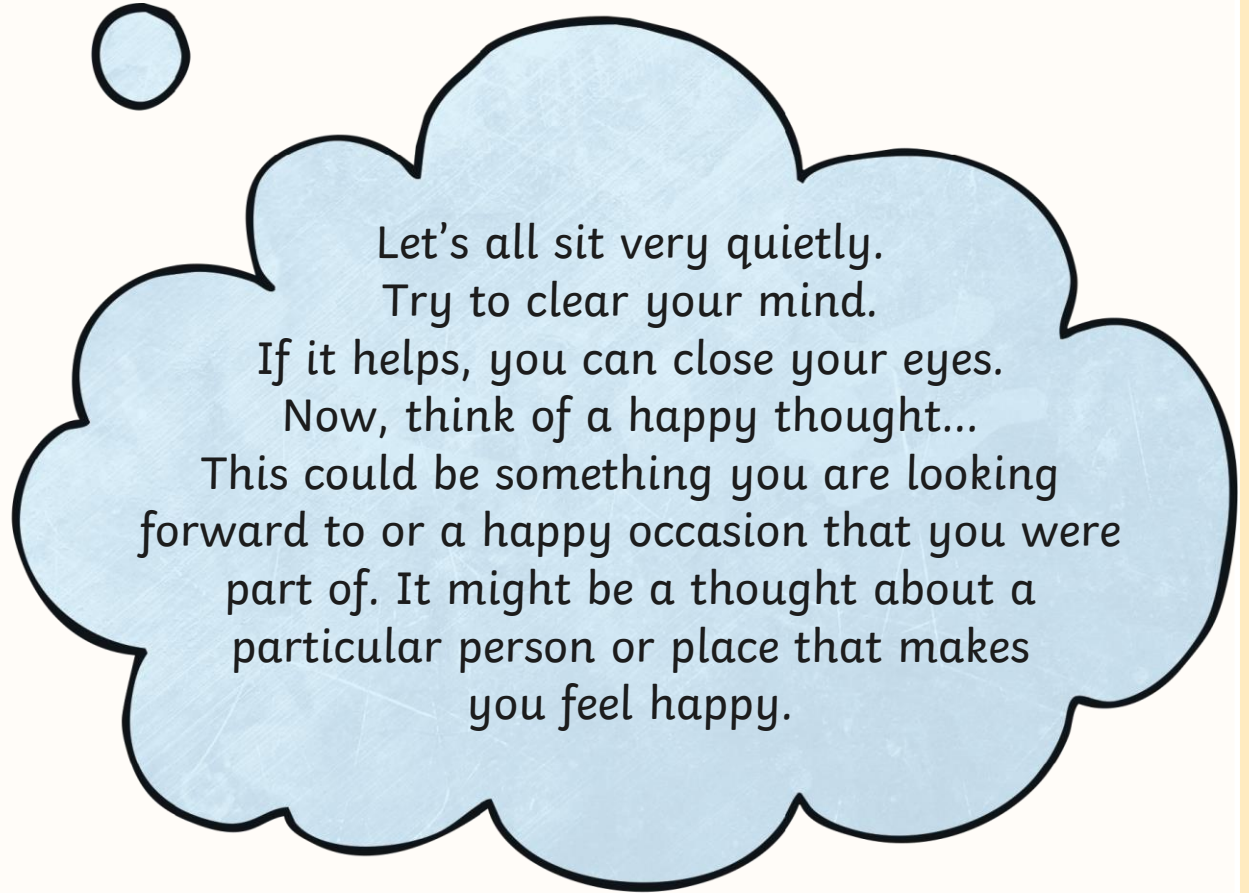


Positive Thinking

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Think a Happy Thought



Let's all sit very quietly.

Try to clear your mind.

If it helps, you can close your eyes.

Now, think of a happy thought...

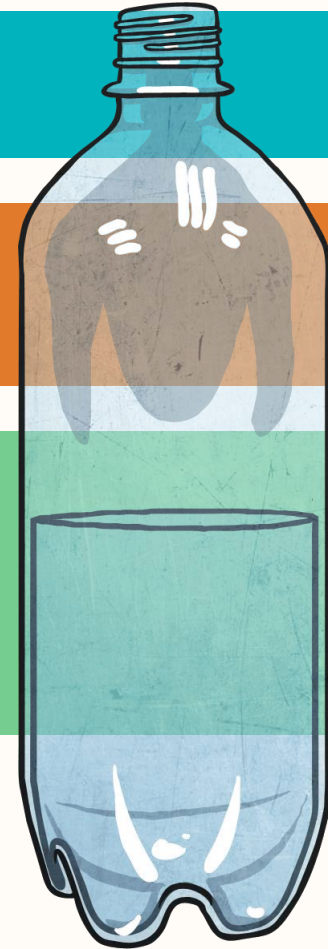
This could be something you are looking forward to or a happy occasion that you were part of. It might be a thought about a particular person or place that makes you feel happy.

What Is Positive Thinking?

Is the bottle half-full or half-empty?

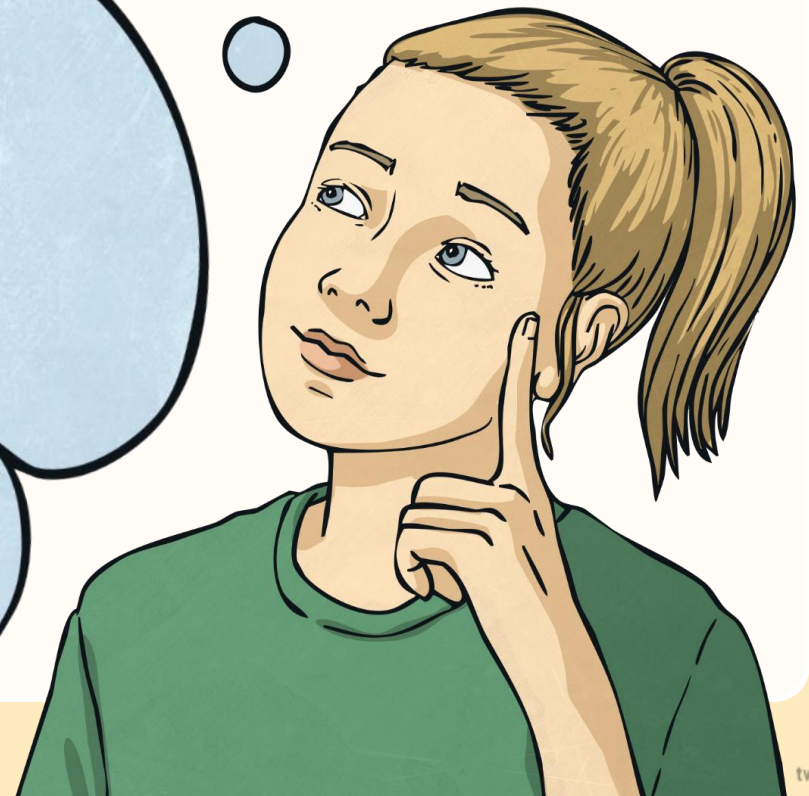
People say that someone with a positive attitude will see the bottle as half-full.

They look at the positive (noticing that there is still some drink left), rather than the negative (noticing that some drink has gone).



A Positive Attitude

Thinking positive thoughts and trying to see the best in a situation is called having a positive attitude. It can help to make you a happier person and plays an important part in improving your mental health.



A Positive Attitude

Someone who usually has a positive attitude is an **optimist**. They look on the bright side, look for the positives and approach problems as challenges to be overcome.



A person who tends to focus on the negatives and see problems in things is a **pessimist**.

It would be difficult to be an optimist all the time, but **optimistic** people are often happier, which can help them in their every day lives and make them enjoyable people to be around.

Positive Thoughts

Read the quotes below and discuss with your partner what they mean. Which one do you like the best?

“Every day may not be good, but there is good in every day.” - Alice Morse Earle

“A positive attitude will lead to positive outcomes.”

“Every cloud has a silver lining.” - John Milton

“Having a positive attitude is asking how something can be done rather than saying it can't be done.” - Bo Bennett

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

“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.” - Winston Churchill

A Positive Attitude

Which quote was your favourite?

Can you explain why you chose it?

Will you remember and use the quote you liked?

Why are quotes like these helpful?

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



The Science of Happiness

Scientists have found that happy people are more successful. This means that they are more likely to achieve their goals.

In schools, research shows that happy children learn better and make more progress.

However, one study found that only 17% (that's 17 out of 100) of the people in the world are living truly happy lives.

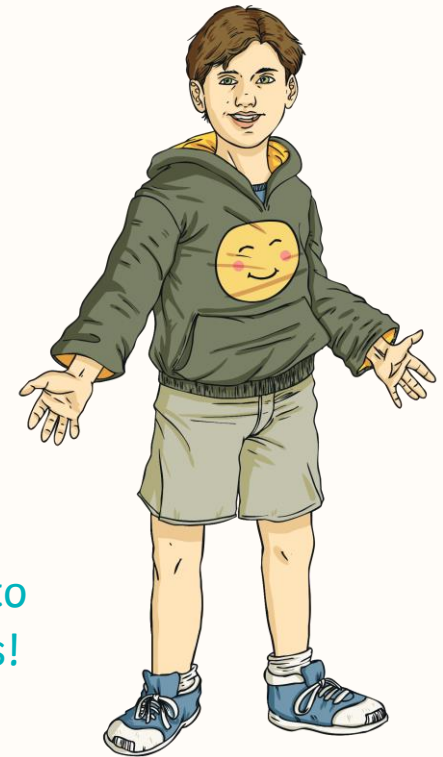


The Science of Happiness

Our brains are in charge of our feelings and emotions.
There are chemicals in our brains that actually make us feel happy.
There are four main chemicals:

dopamine
oxytocin
serotonin
endorphins

The fantastic news is that there are things we can do to trigger our brains to release these 'feel-good' chemicals!



How to Be Happy

Smile and laugh.

Find ways to relax
your mind.

Let go of mistakes.

Spend time with
family and friends.

Take up a hobby or
join a club.

Be fair and honest.

Appreciate yourself.

Work hard to
achieve a goal.

Care for others.

Appreciate Yourself

We are all unique and very special.

Sometimes we forget to appreciate ourselves. We often focus on what we cannot do instead of what we can do, or we wish we could change something about ourselves.

It is time to tell yourself how super you are!



Find Ways to Relax Your Mind

You could sit quietly and focus on your breathing, practise meditating or yoga, do some quiet colouring, read a book or do a jigsaw puzzle.



Smile and Laugh



Did you know that laughing and smiling releases
'feel-good' chemicals in our brains?

Being a smiley person can draw others to you, too!

Spend Time with Family and Friends



Being around those we love, care about and feel safe with makes us feel happy.

These are also the people who can help cheer us up or make us laugh.

Be Fair and Honest



Knowing you are doing the right thing and being a good person feels great and makes other people want to be around you.

Take Up a Hobby or Join a Club



Finding something you really enjoy doing and then doing this with others who love it too can make us feel happy.

It also keeps your mind busy, meaning there is less room for negative thoughts.

Work Hard to Achieve a Goal

It feels OK when you do something you find easy...



but it feels **great** when you succeed at something you had to really try at!

Let Go of Mistakes

Nobody is perfect. Everybody makes mistakes! It's OK to get things wrong sometimes; this is how we learn. If you have made a mistake, think about how you might do things better next time and then try not to worry about it.



Care for Others



Doing things for others not only makes them happy but it makes us feel better too.

Happy Minds, Happy People

What does happiness mean to you?



Different things make different people happy.

Whatever it is that makes you happy, it is good for your mental health to spend time thinking about it and doing it!

Think Positive

Using the words below, work with a partner to compose a positive statement to share with the class.

fantastic

laugh

love

best

great

enjoy

smile

special

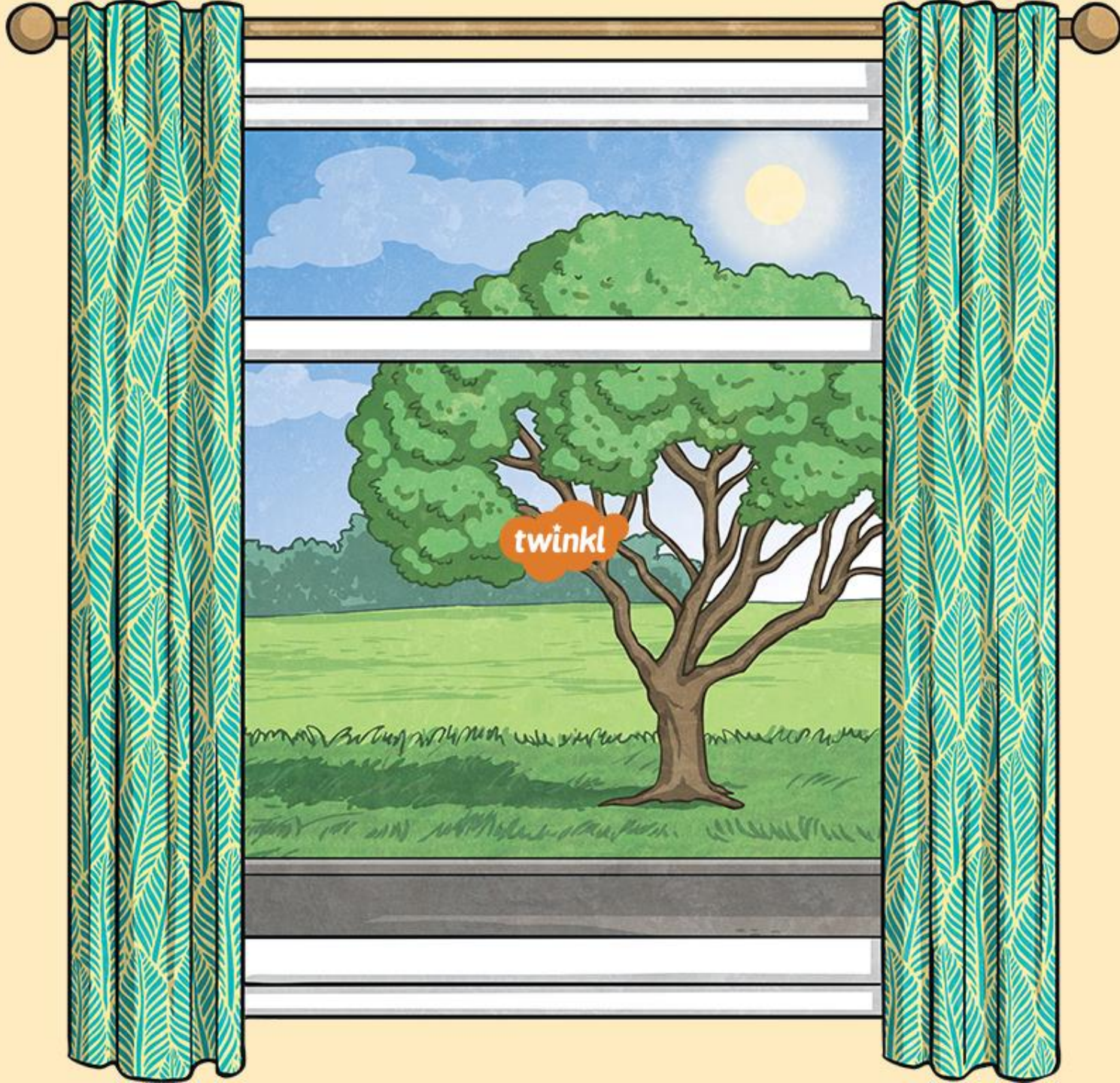
nice

brilliant

good

better

amazing



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