P5-7 KiVa Lesson- Positive thinking

I hope you all enjoyed working on your Random Acts of Kindness projects- I would still love to see some of your work on the blog!!

This week (18th – 24th May) actually happens to be Mental Health Awareness week and the theme for it this year is “Kindness”. So keep up your Random Acts of Kindness and tell us all about them.

This week for your KiVa task I would like you to think about positive thinking. First of all, what does the word positive mean? Have a chat with someone at home and discuss what being positive means.

I am going to give you different statements/scenarios which are not very pleasant and which you may actually have experienced yourself- either during or before lockdown started.

Read through each one carefully and think about how you would react if it was happening to you. You first thought may be to react in an angry, sad or negative way. What I would like you to do though is to come up with a way of putting a positive spin on the event. What could you do in the situation in order to make yourself feel a bit better?

Here is an example-

Scenario- You have been looking forward to a friend’s birthday party but because of lockdown it has been cancelled.

Negative first thought- I am really upset and sad that I can’t go to my friend’s party. I really wish I could see them.

Positive spin- Perhaps you could arrange to phone your friend on the day of the party. You could both put on some music and dance around together. Bake a cake at home and have a slice for your friend!

You can either write your negative first thoughts and positive spins down, discuss them with someone at home or do both of these things.

Here are your scenarios-

1. I tried really hard in a spelling test but I only got a few of them correct.
2. It is my birthday in a few days time and I am not able to have my friends and family over like I had planned to.
3. I am going to be moving to a different school in a couple of months and I don’t really know anyone who goes there.
4. I want to go outside to play with my big sister but she says she is too busy to spend time with me.
5. I was going to go for a cycle run this afternoon but it has just started pouring with rain and my Mum says we will have to cancel it.
6. I haven’t seen my friends for ages and I really miss them!
7. I can’t explain why but I just feel really grumpy and rubbish today.
8. I was doing some of Miss Stapleton’s Maths work today but I am really stuck, I can’t figure out how to do it.

Remember to consider what the negative thought may be and how you can turn it into a more positive one!!

Post some of your ideas on the blog so that we can all read about them. ☺

