



### Parent Info:

This week focuses on positive attitudes.

### **Why is this important?**

The way that we think impacts on how we feel and what we do. Being able to acknowledge our strengths and accomplishments can support us to hold a positive attitude which, in turn, supports confidence and can enhance self-esteem.

### **How can we grow this area?**

We can help to foster positive attitudes in children through helping them identify character strengths, such as being kind and helpful. We can encourage them to be reflective about their achievements and take a compassionate and kind approach to their efforts.

### Worksheets included:

- 1) **Grow-ga:** Growth Mindset Yoga is a physical activity that pairs up yoga with positive affirmations. As a child completes each pose, help them to focus on a positive self-talk statement. This can also support focus.
- 2) **Accomplishment jar:** Achieving goals and accomplishing our objectives helps us grow and build on success. This activity can help children identify what they feel their accomplishments are not matter how big or small. This can support them to feel more confident in their abilities.
- 3) **I am awesome:** This worksheet allows your child independently or with your support to write or draw all the things that make them awesome.

You do not need to fill it all in at once but can keep adding to it. This can support children to hold in mind their strengths.

- 4) **Positive affirmations list:** This offers lots of positive affirmations that children can use.
- 5) **My strengths and qualities:** This activity can support children to reflect on their strengths and qualities.
- 6) **3-2-1:** As a thread across all topics, each week the 3-2-1 exercise to promote a growth mindset will be included. It encourages reflection and curiosity.

**Additional online resources:**

- **Positive affirmations video** - <https://www.youtube.com/watch?v=ffXclh8cdkY>

## Grow-ga

While practicing each of these yoga poses try focussing on some of these positive self-talk statements:

1. Say hello to the sun



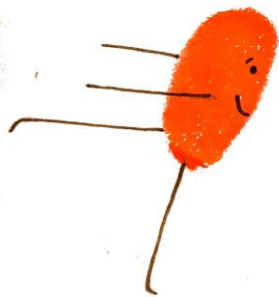
I care about others

2. Pretend to be a tree



I have an open-mind

3. Pretend to be a flying bird



I work hard

4. Pretend to be a frog



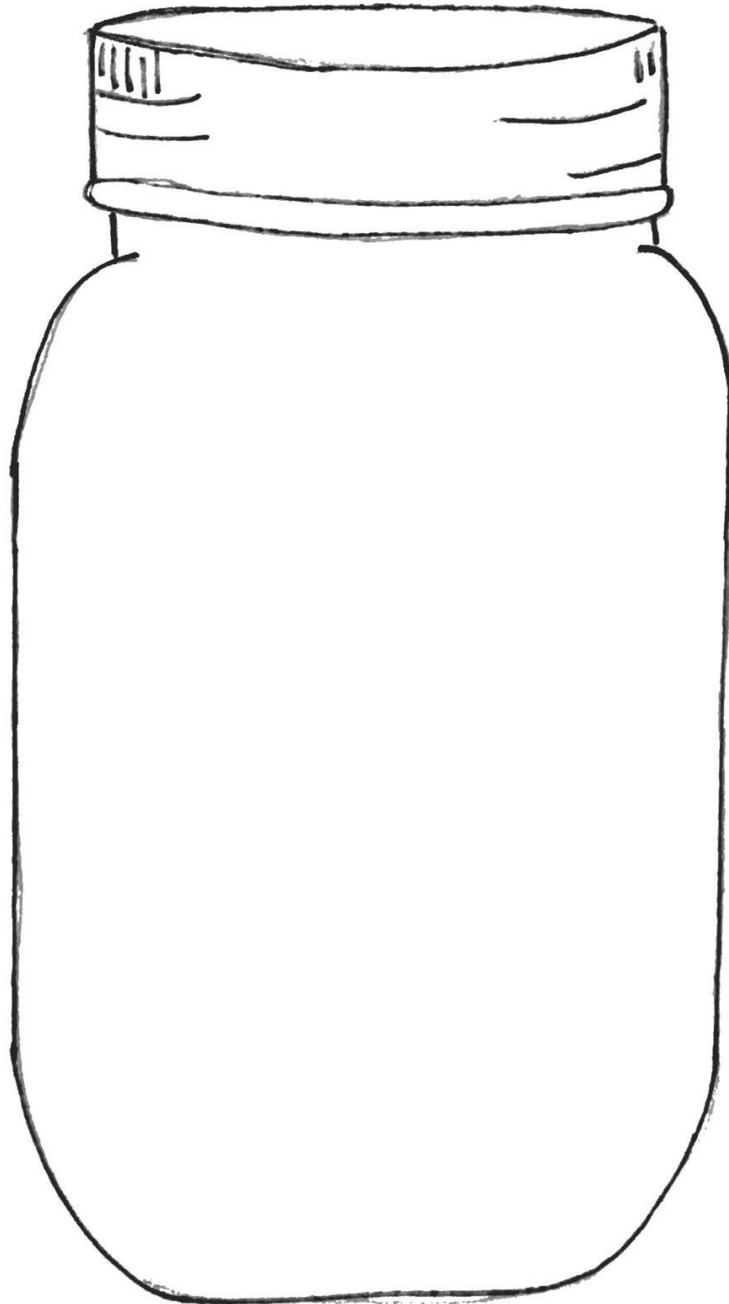
I enjoy learning and discovering

Can you come up with one positive self-talk statement every day?

## Accomplishment Jar

Think carefully about things you have achieved and write or draw them in the jar below. You can ask yourself:

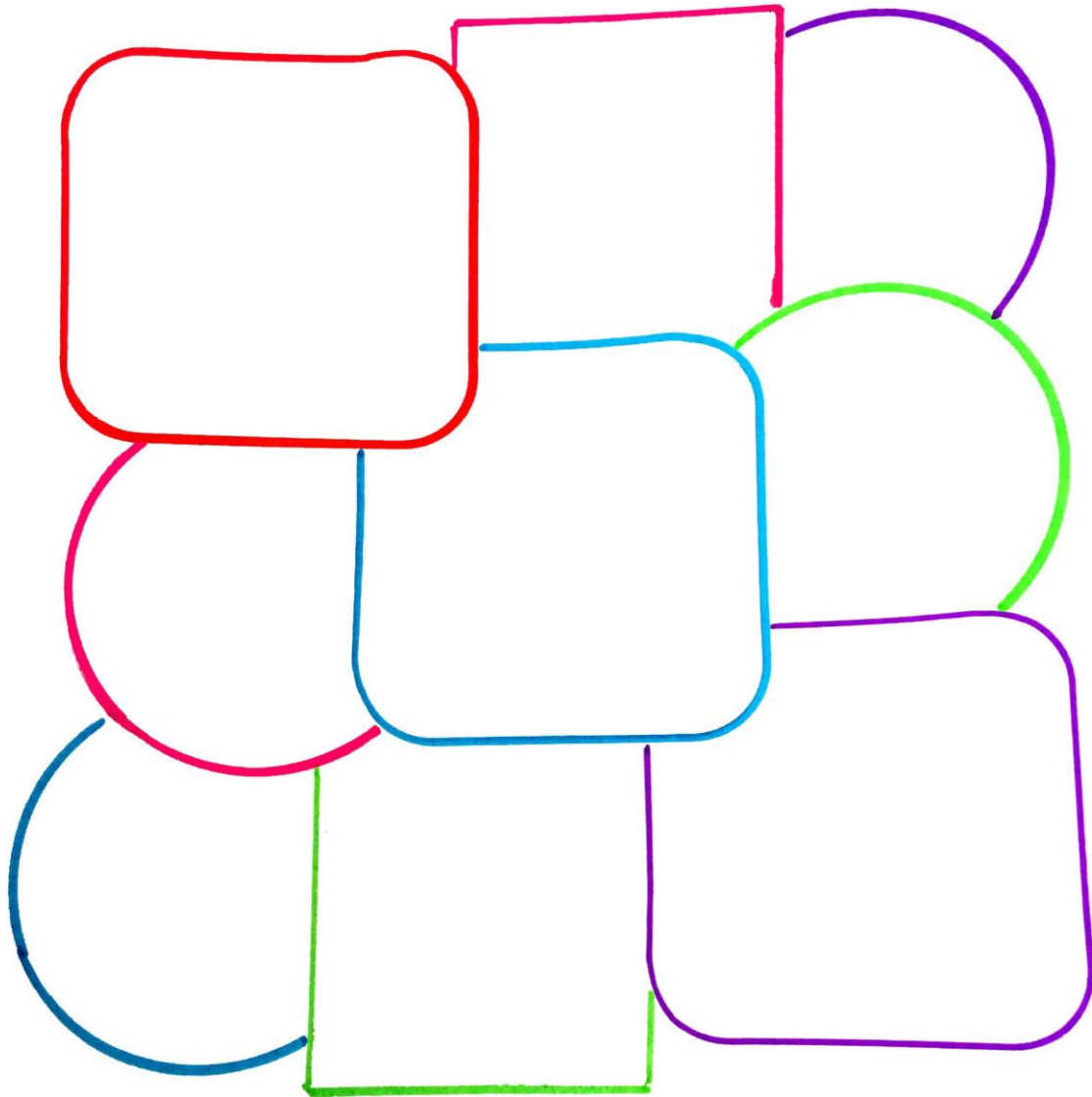
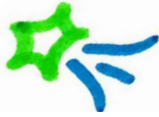
*What is one thing that I have accomplished today? How do I feel about it, and why?*



**Wow! You are a super star!**

## I am Awesome!

Write down or draw all of the things that make you brilliant, great and awesome!



## Positive self-talk statements

I achieve my goals



I have grit

I am prepared

I can relax and breathe



I will do well

I think positive



I can take my time



I am trying my best

I am learning



I can solve this

I trust myself



I put in the effort

I believe in myself



I have a great memory

I am capable



I am calm

I am focused



I have a growth mindset

Practice using positive self-talk every day!

Can you come up with any other positive self-talk statements?

## My Strengths and Qualities

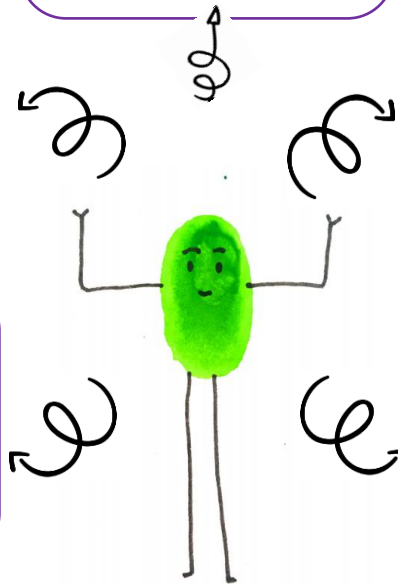
On this worksheet you can record all of your strengths and qualities. For example, things you are good at, challenges you have overcome and even times you have helped others or made them happy!



.....  
.....  
.....  
.....  
.....

.....  
.....  
.....  
.....  
.....

.....  
.....  
.....  
.....  
.....



.....  
.....  
.....  
.....  
.....

.....  
.....  
.....  
.....  
.....



.....  
.....  
.....  
.....  
.....



**3-2-1 Exercise**

**What 3 things have I learned?**

1.

2.

3.

**What are 2 things that I want to find out more about?**

1.

2.

**What 1 question do I still need to ask?**

1.