

## PSHE - Every cloud has a silver lining

Look at the PowerPoint about 'Think Happy, Feel Happy'. Have a discussion with an adult about positive thinking. Write down your positive thoughts on the cloud. What have you got in your life that makes you happy? What are you grateful for? On the back of this sheet is a cloud. Your task is to read through the slides on this page and think of all of your positive thoughts to fill in the cloud.

### Positive Thoughts

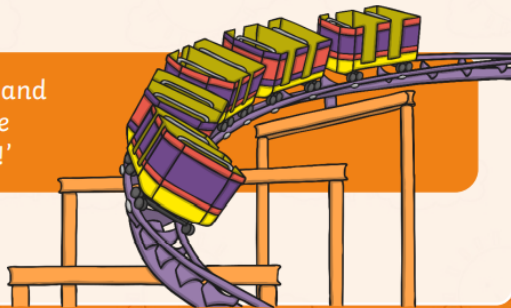


Imagine you are having an exciting day out, at the park, beach or fun fair. You have had a great morning and it is now lunchtime.

Some people might feel a bit sad that the morning has gone and that they now only have half a day left until home time. They are focusing on the negative, not the positive.

A positive thinker would say,

'What a great morning – and we still have the whole afternoon left to enjoy!'



### What Is Positive Thinking?



Can you think of positive words?

These are words we might use if we are thinking positive, happy thoughts, rather than complaining and being grumpy.

Tell your partner a positive word you might use if you were sharing a happy memory or talking about a person or place that makes you happy.

Did you get any of these?

enjoy

smile

good

fantastic

brilliant

amazing

special

love

great

nice

better

laugh

best

### Every Cloud Has a Silver Lining



There is a saying, "Every cloud has a silver lining."

People think of clouds as grey and grumpy. They block the sunshine and are often full of rain to spoil the day.

But lots of people say that even in a grey and grumpy cloud, there is something good (that's the silver lining).



So you can usually find something that is good about a tough situation if you look hard enough.

