

WALT: how to think positively.

PSHE

There are a number of different situations that happen in our life which means we may either feel extremely elated about or extremely nervous and anxious. It is absolutely fine to feel either of these things and some situations may result in different emotions and feelings from different people.

Positive Mind
Positive Vibes
Positive Life



The next thing in your life that you probably may feel a little worried about is moving to High School. We do not want you to be worried about this at all! All we ask is that you try your very best; we are already so proud of you for everything that you have achieved so far in Year 6 already!

Positive Mind
Positive Vibes
Positive Life



To help us to remember how to remain positive at all times, we are going to create a 'Positive Poster'. We need to think about positive affirmations which are statements like...

I am loved!

I am kind!

I can reach my goals!

Positive Mind
Positive Vibes
Positive Life



What other
statements can
you think of...

Positive Mind
Positive Vibes
Positive Life



You are going to create a positive poster. On the poster, we would like you to show everything you are good at and everything you are proud to be! This of all of the qualities that describe you!

E.g. I am brave.

I am intelligent.

I am funny.