



PSHE and Citizenship

Health and Wellbeing | Think Positive

Think Happy

Feel Happy



Aim

- I understand how happy thoughts can make me feel better.

Success Criteria

- I can describe different emotions and consider how to deal with different feelings.
- I can identify positive and negative thoughts.
- I can think of different, more positive ways, to think about things.

The Big Questions



What is
positive
thinking?



How can
it help us
feel good?



Reconnecting

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.



Exploring

What Is Positive Thinking?



What is positive thinking?

Well, being **positive** means looking for the **good** in things, rather than the bad.

A positive thinker focuses on making the **best** of a situation, rather than complaining about it.

Positive thinkers are said to 'look on the **bright** side'.



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

Positive Thoughts



Have you ever looked outside when it's been raining and felt a bit down, because it means you can't go out to play? That's the down side of rain, but there is an up side, too.

A positive person might say to themselves,

'What great weather for all the plants that need a drink!'



Positive Thoughts

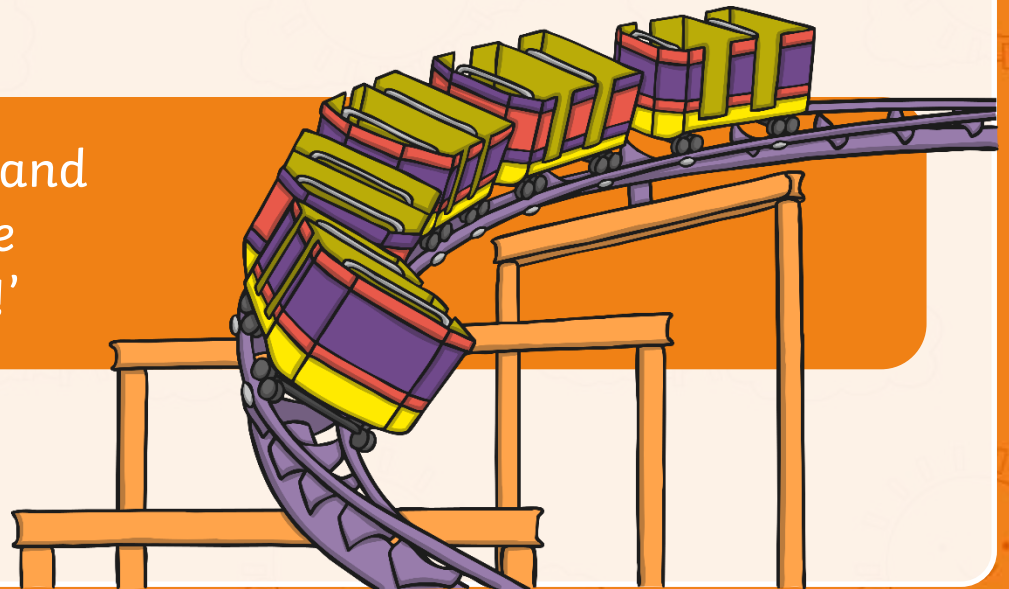


Imagine you are having an exciting day out, at the park, beach or fun fair. You have had a great morning and it is now lunchtime.

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!’



Positive Thoughts



How many of you have had a friend over to play, then made a bit of a grumpy fuss when it is time for them to go home?

Well, a positive thinker might say to themselves,

‘I had a great time with my friend. I hope they can come round again, or I might get invited to their house.’



Positive Thoughts



There are lots of ways we can help ourselves to feel good. We can:

play outside

do things we enjoy

spend time with family

eat a balanced diet

get enough sleep



Thinking happy thoughts is one way we can help ourselves to feel good. Let's do it!

Think Happy, Feel Happy



Consolidating

Reflecting

Consolidating

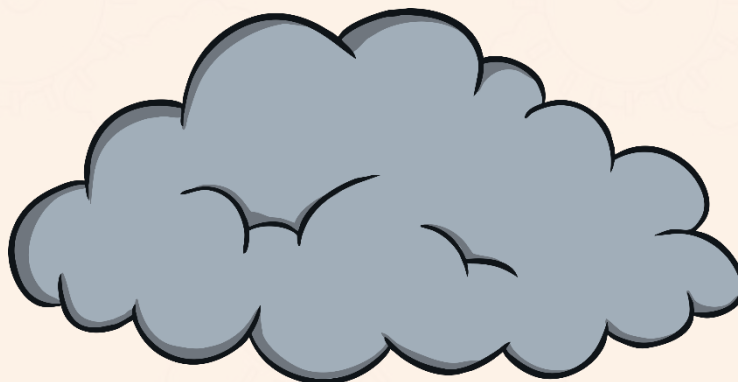
Every Cloud Has a Silver Lining



There is a saying, “Every cloud has a silver lining.”

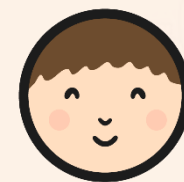
People think of clouds as grey and grumpy. They block the sunshine and are often full of rain to spoil the day.

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



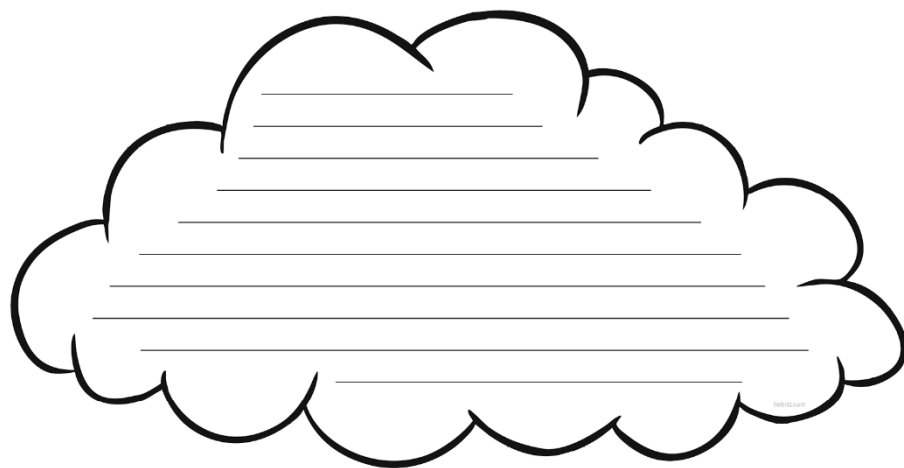
So you can usually find something that is good about a tough situation if you look hard enough.

Every Cloud Has a Silver Lining



Each of you has a cloud shape to write on.

Every Cloud Has a Silver Lining



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#)



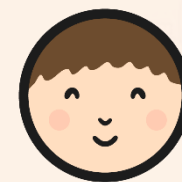
PSHE Citizenship | Year 2 | Health and Wellbeing | Think Positive | Think Happy Feel Happy | Every Cloud Has a Silver Lining Activity Sheet | Lesson 1

visit [twinkl.com](https://www.twinkl.com)

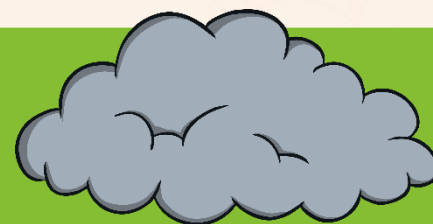


Listen to this story and how the child in the story feels. See if you can find a positive thought to write on your cloud, looking for the good in the situation, instead of focusing on the bad.

Every Cloud Has a Silver Lining



Jude is off to the zoo with Dad. It is summer but the sun is behind the clouds.



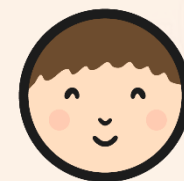
Dad won't let Jude wear the new trainers they bought at the weekend.

Jude really wants to see the big cats, such as tigers, leopards and lions but last time they were all asleep in the shade, at the back of their enclosures, so no one could see them.



Dad has forgotten the picnic and the camera!

Every Cloud Has a Silver Lining



So Jude seems to be focusing on the negative things about the day – things that have gone wrong or things that might spoil the day.

Can you think of some positive thoughts Jude could have about the situation?

What is good about the sun being behind the clouds?

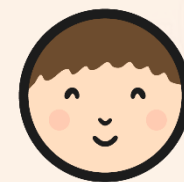
What is good about not being allowed to wear the new trainers?

What might happen today with the big cats?

What could Jude and Dad do instead of having a picnic?

What could Jude and Dad do instead of taking photos?

Every Cloud Has a Silver Lining



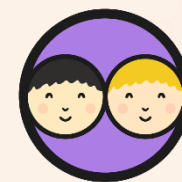
What sort of a day will Jude and Dad have if they focus on the negative thoughts and things that have gone wrong?

What sort of day will Jude and Dad have if they look for the positives and try to look on the bright side?



Reflecting

Turn That Frown Upside Down!



Help this negative person to look on the bright side.



Help them to think positively about their situations.

Listen to what they say, then work with your talk partner to think of something positive they could say instead.

If they think happier thoughts, they'll feel better and their frown will become a smile.

Turn That Frown Upside Down!



I hate the night I have to eat broccoli for tea!

I don't like it when it's dark at night.

Oh no! My best friend is off school today because they are ill.

This lesson is so hard. I've never done these sorts of calculations before.

My favourite T-shirt is too small and I can't wear it anymore.



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The background is a solid orange color with a repeating pattern of stylized, smiling suns and fluffy clouds. Each sun has a simple face with two dots for eyes and a curved line for a smile, and several short lines radiating from its top half to represent rays. The clouds are soft, rounded shapes. In the center of the image, there is a white cloud shape containing the word "twinkl" in a lowercase, sans-serif font.

twinkl