



Name.....

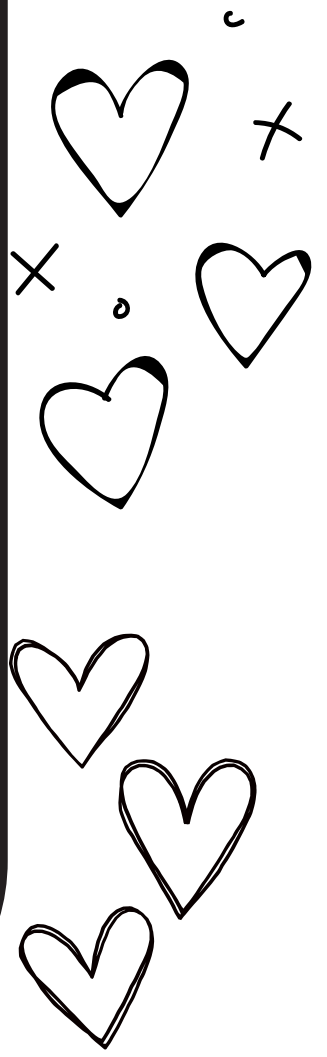
# Positive Thinking

## Work Book

it's okay to  
FEEL YOUR  
FEELINGS

# Happy Jar

Doodle in this jar all the things that make you happy



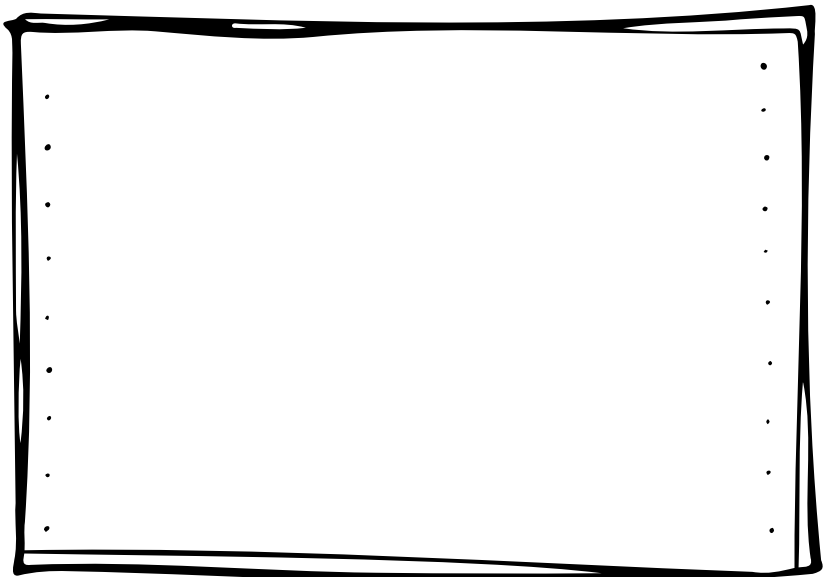
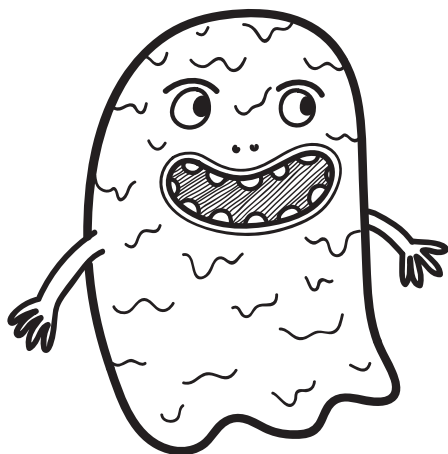
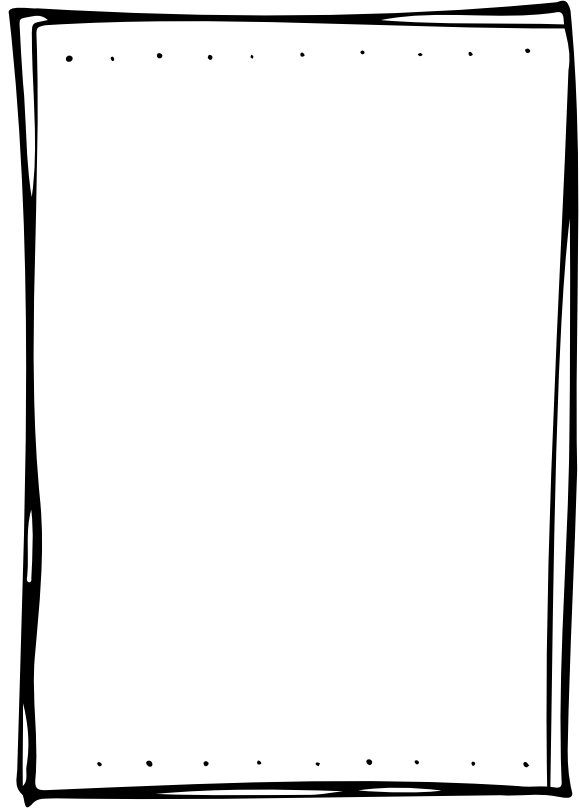
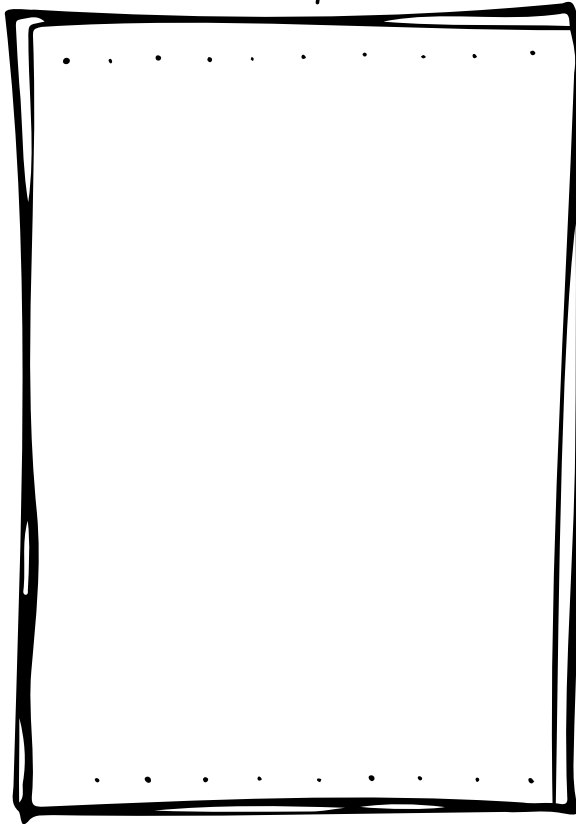
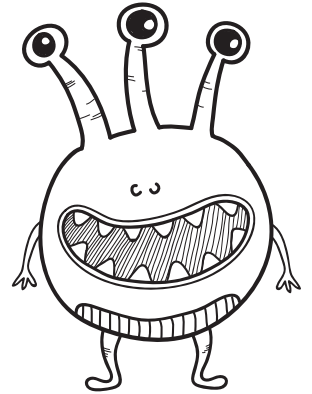
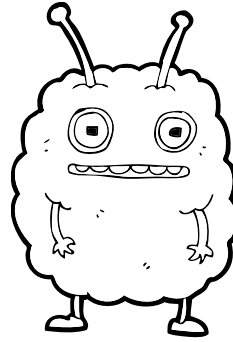


# Think Positive

Draw things that  
you could be doing  
instead of worrying

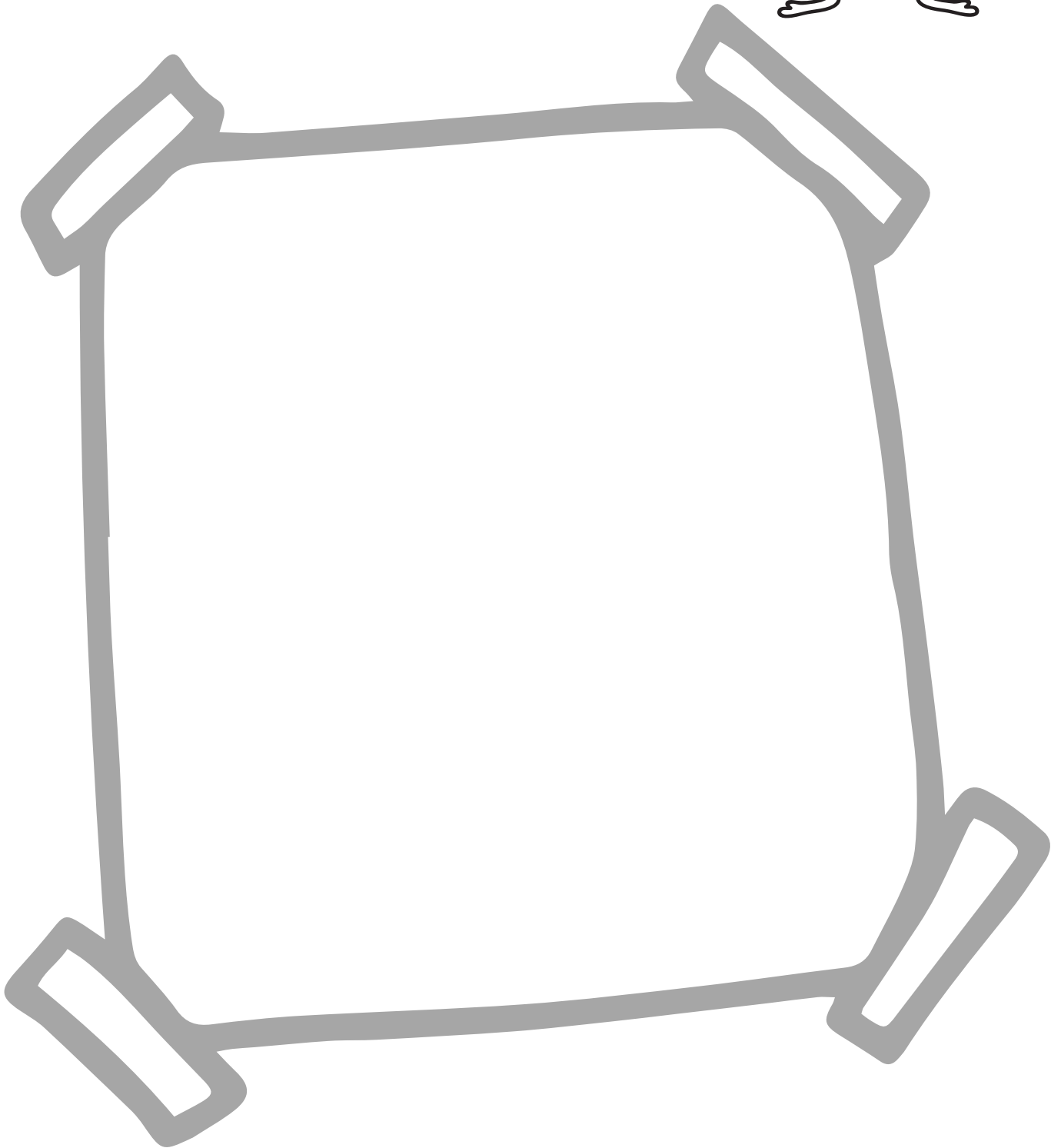
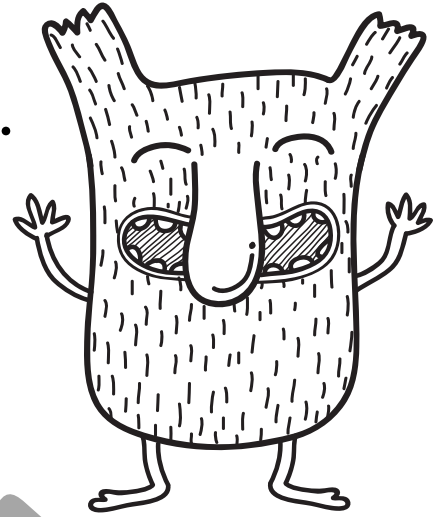

# Worry Monsters

Imagine your worries as little monsters. What might they look like?



# Your happy place...

Where do you feel completely safe and relaxed? Draw your happy place.

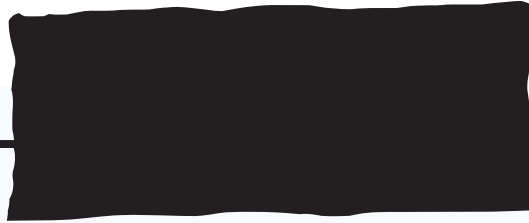


# All About Me

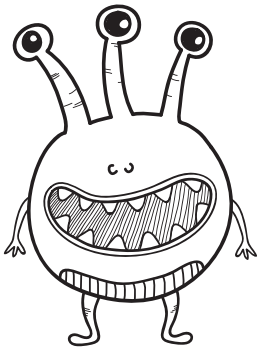
Write a list of all the things you like about yourself.



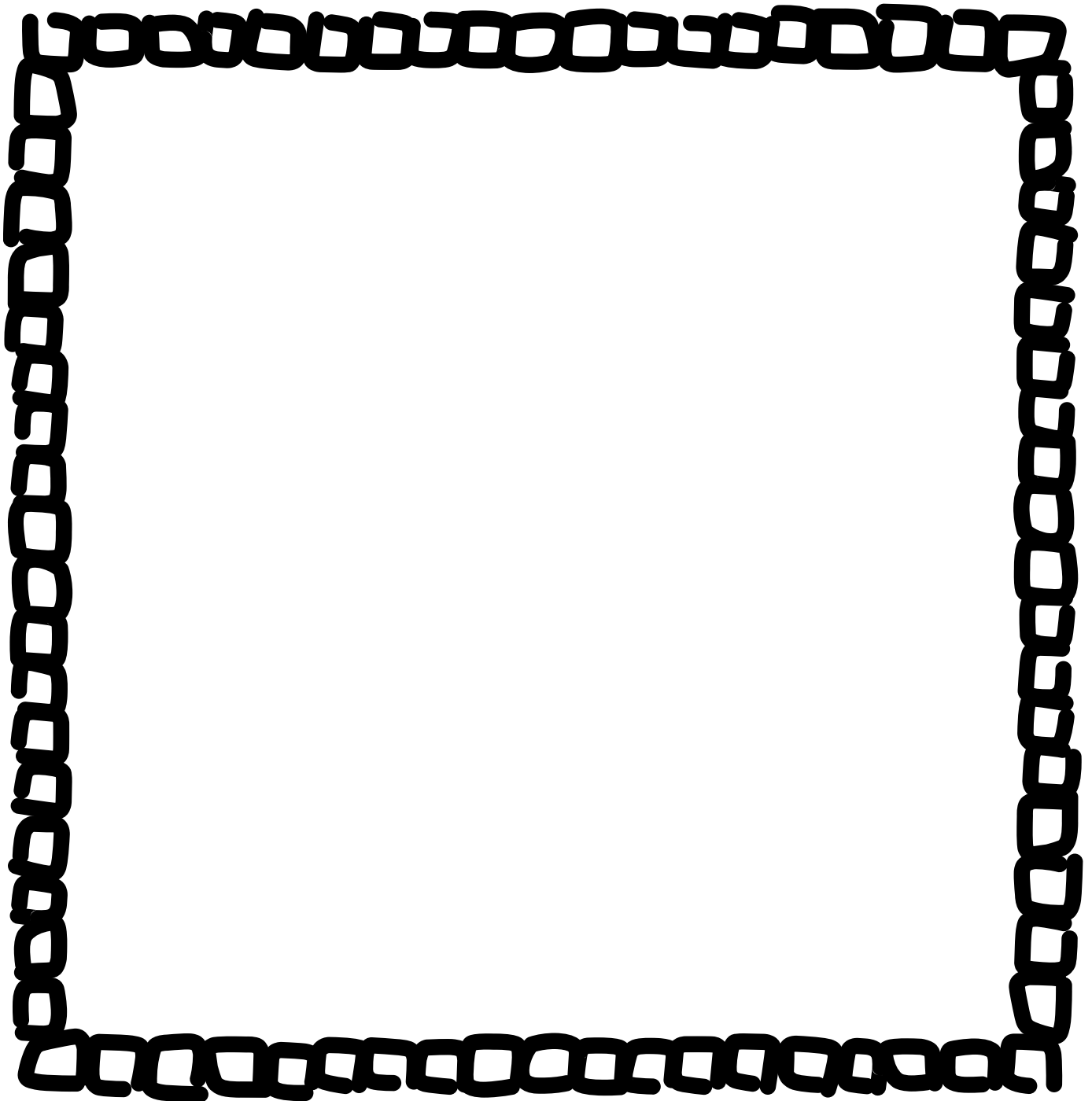
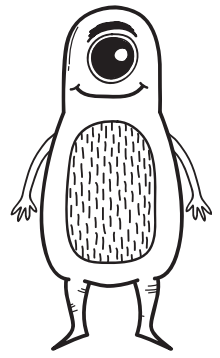
I  me



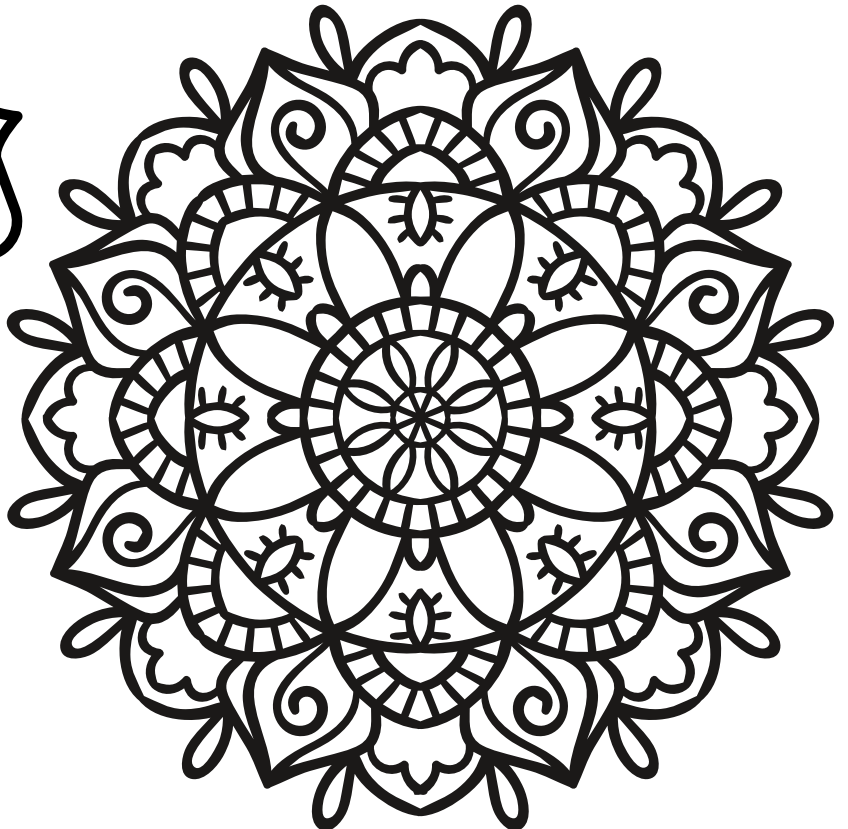
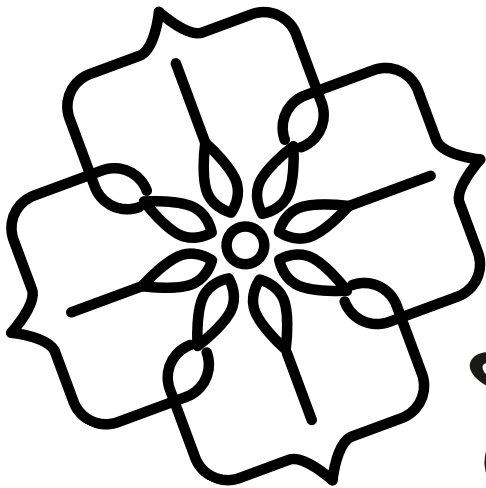
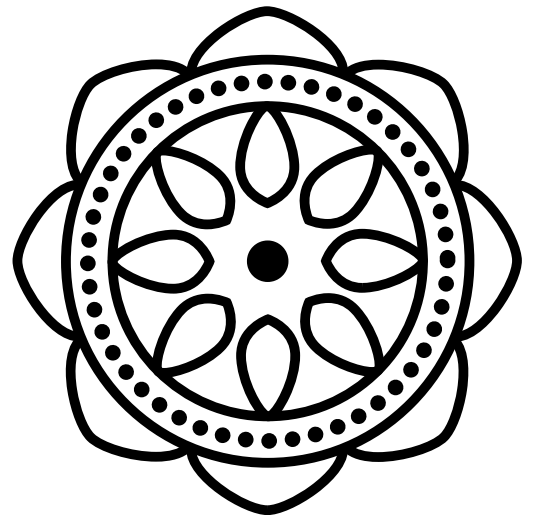
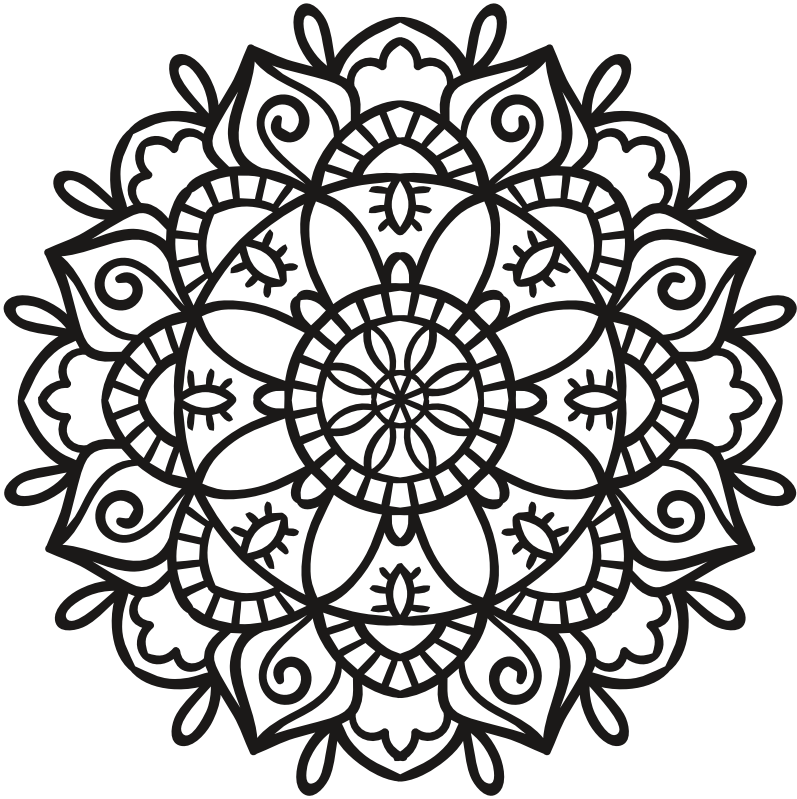
A large rectangular box with a hand-drawn border, containing six horizontal lines for writing.



Memory Box  
Share one of your  
favourite memories with  
me.



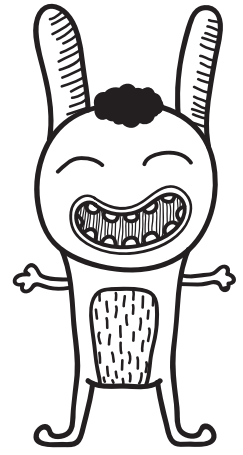
Colour in, chill out





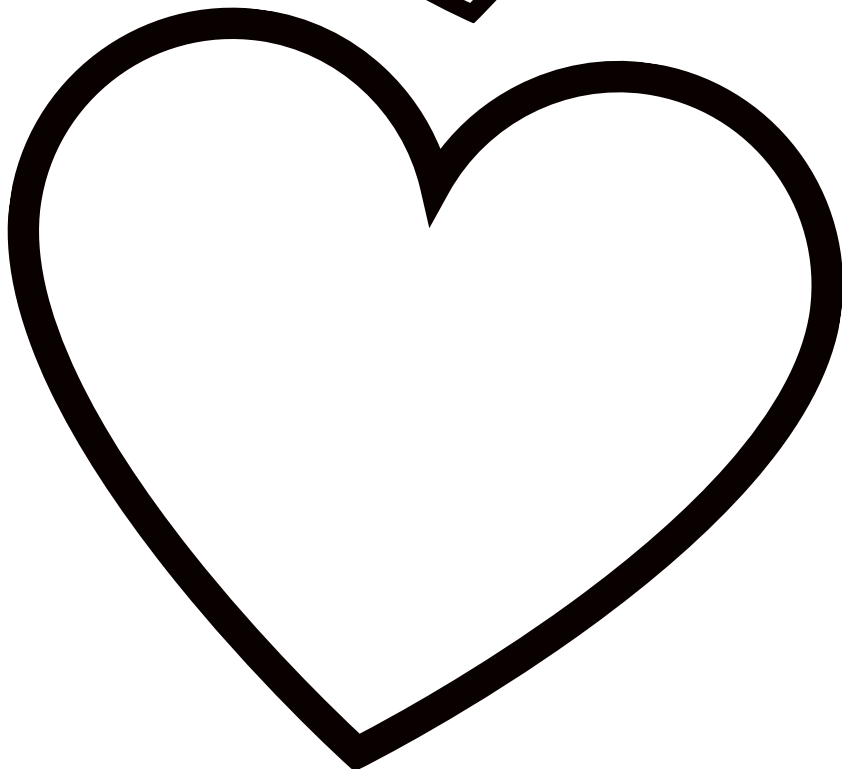
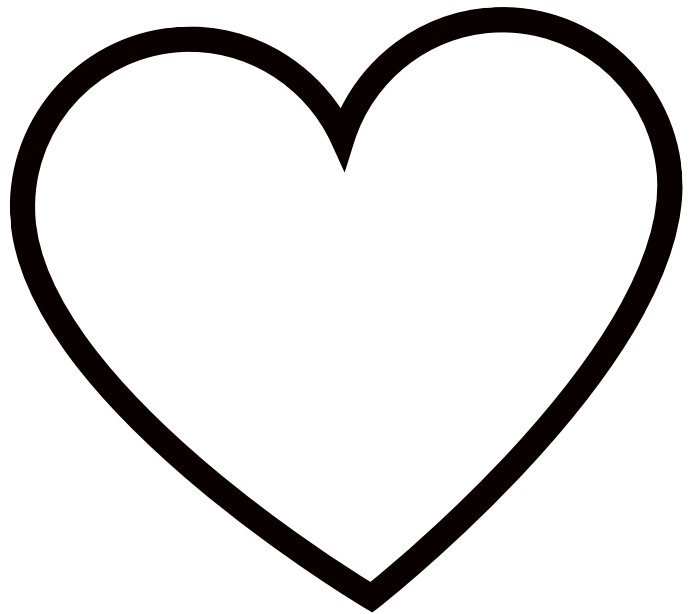
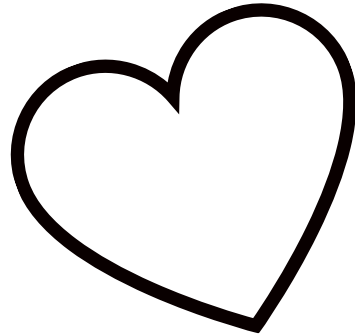
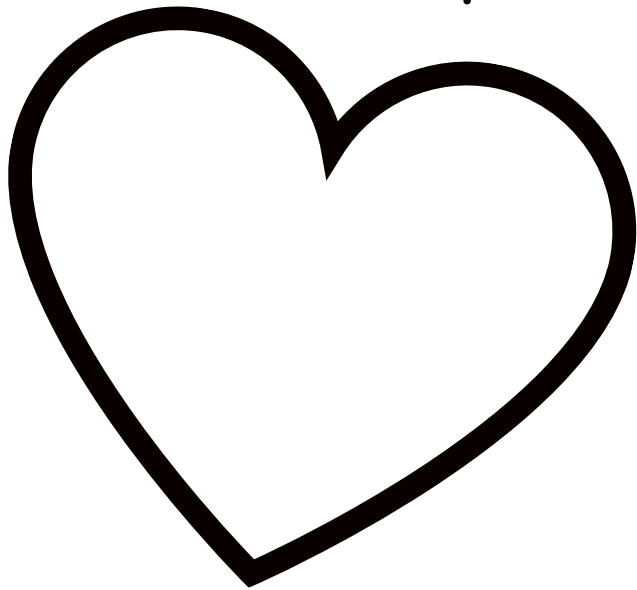
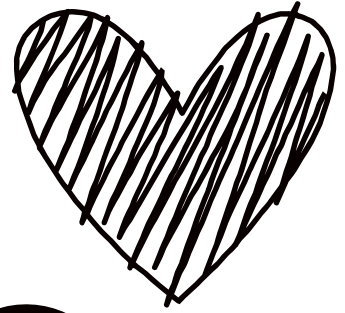
# Express Yourself

How many kinds of feelings can you name? Draw them below...



**Happy**

Love my Life



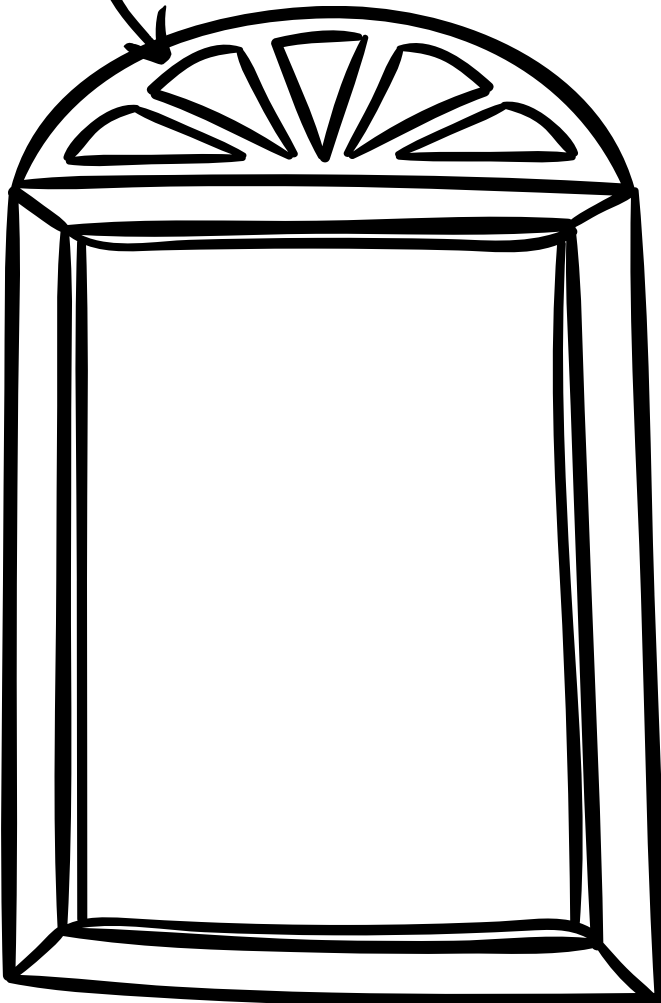
Fill these  
hearts with  
the people  
or things  
that you  
love

# Worry Lists

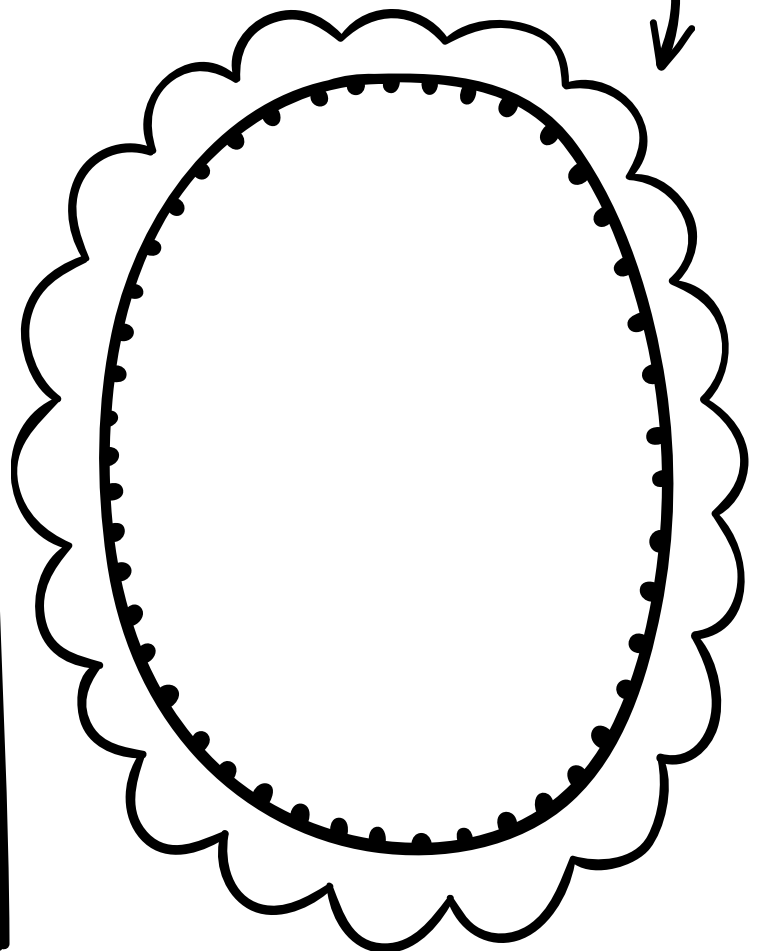


Some worries are about things that are definitely going to happen, like moving house or Mum/Dad going away but other worries can be things that are very unlikely to happen.

Worries that might happen



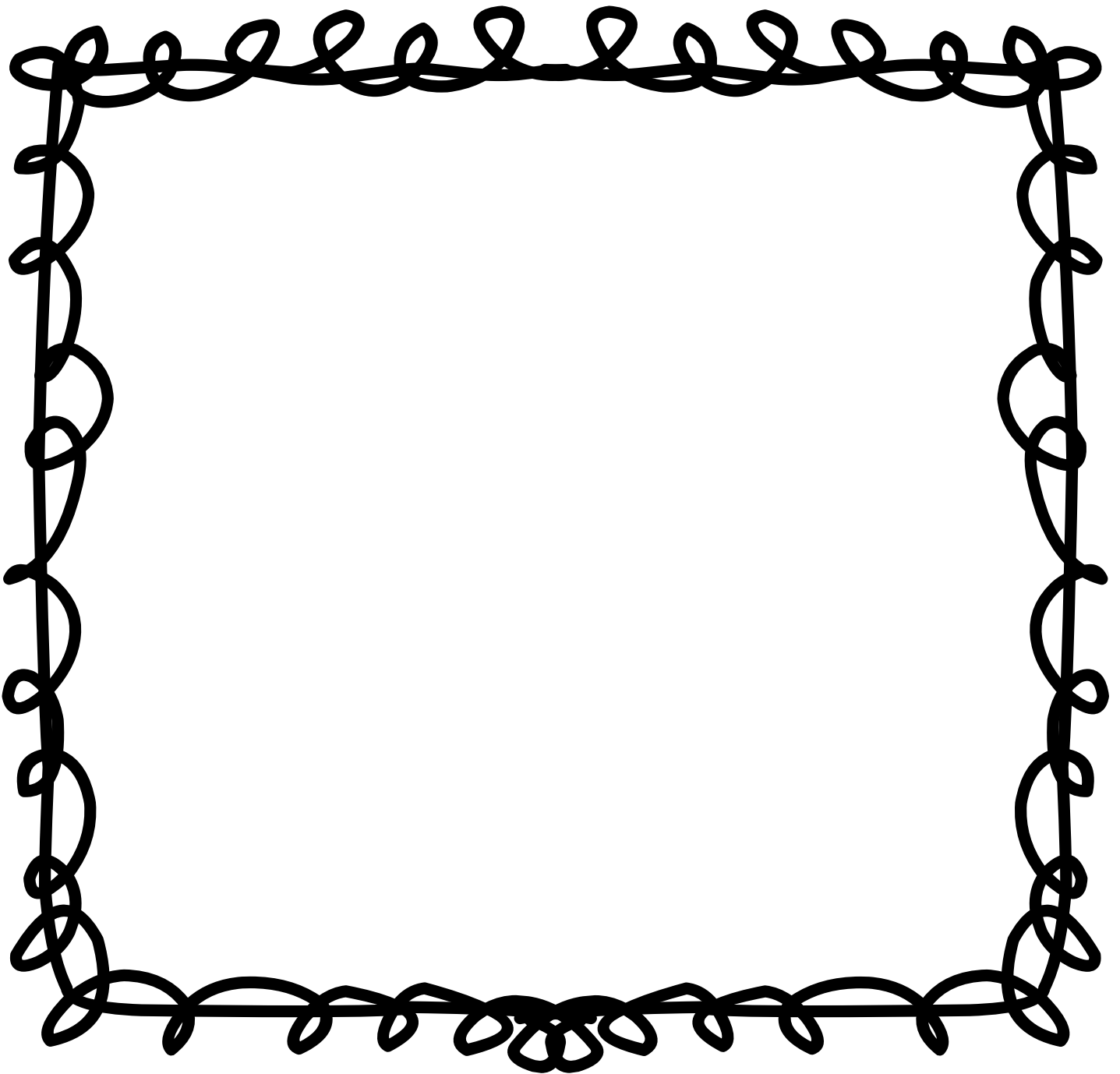
Worries that probably won't happen



# Giggle box



Fill this box with things that make you giggle



# Desert Island Doodles

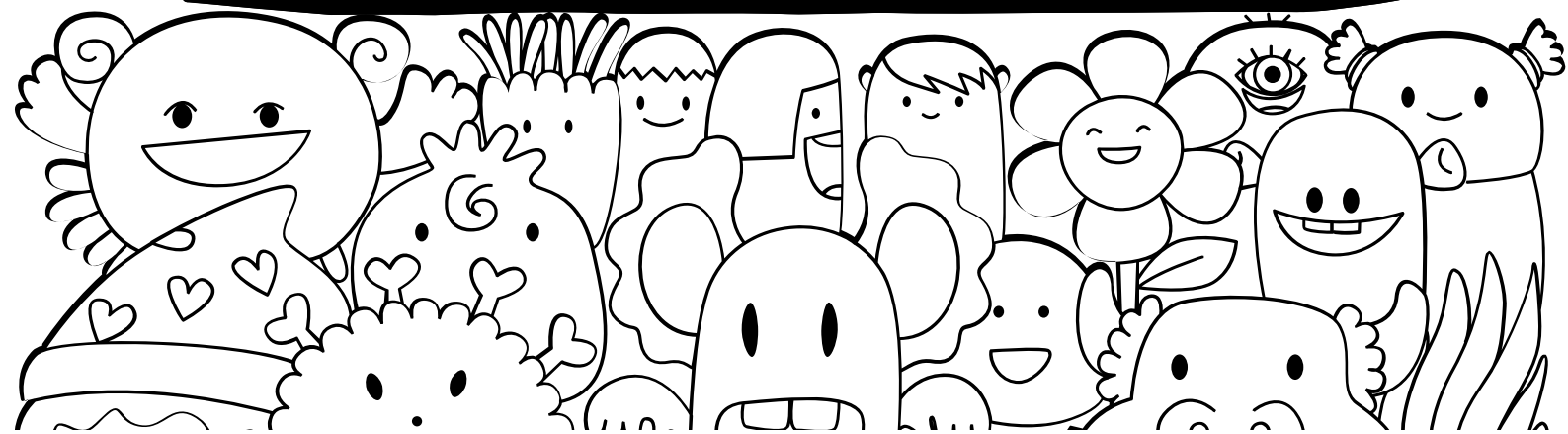
Doodle what you would take with you to a desert island.  
Which 3 people would you choose to live with you?

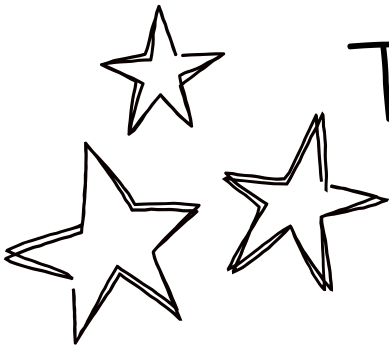


# When I Grow Up

Write down all of the things you want to be able to do when you are an adult.

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



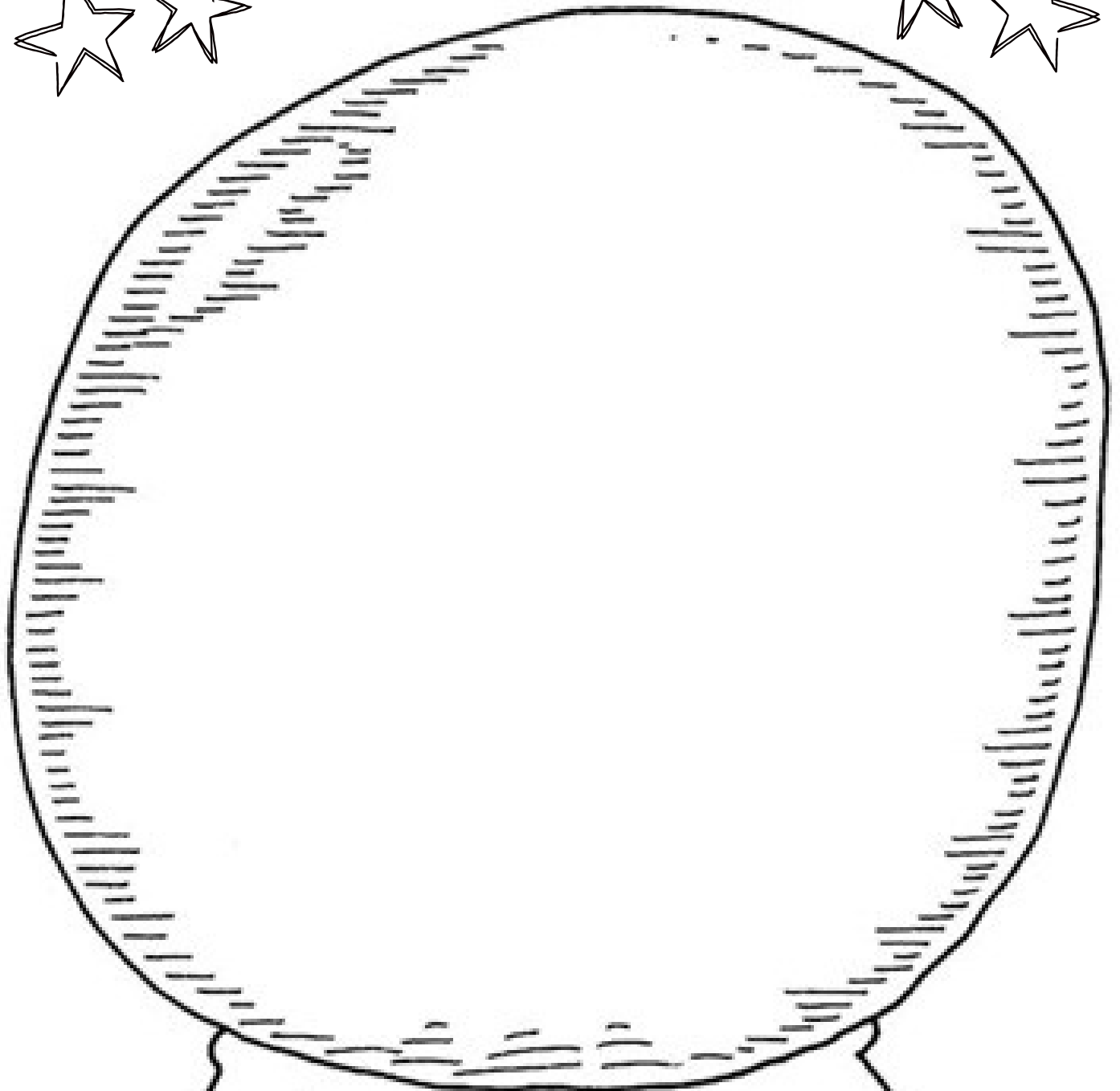


# Three Good Things

Tell me three good things that have happened to you this morning.



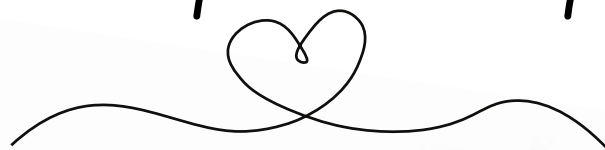
# Crystal Ball



PUT YOURSELF AHEAD  
INTO THE FUTURE OR BACK IN TIME.  
WHAT DO YOU SEE?

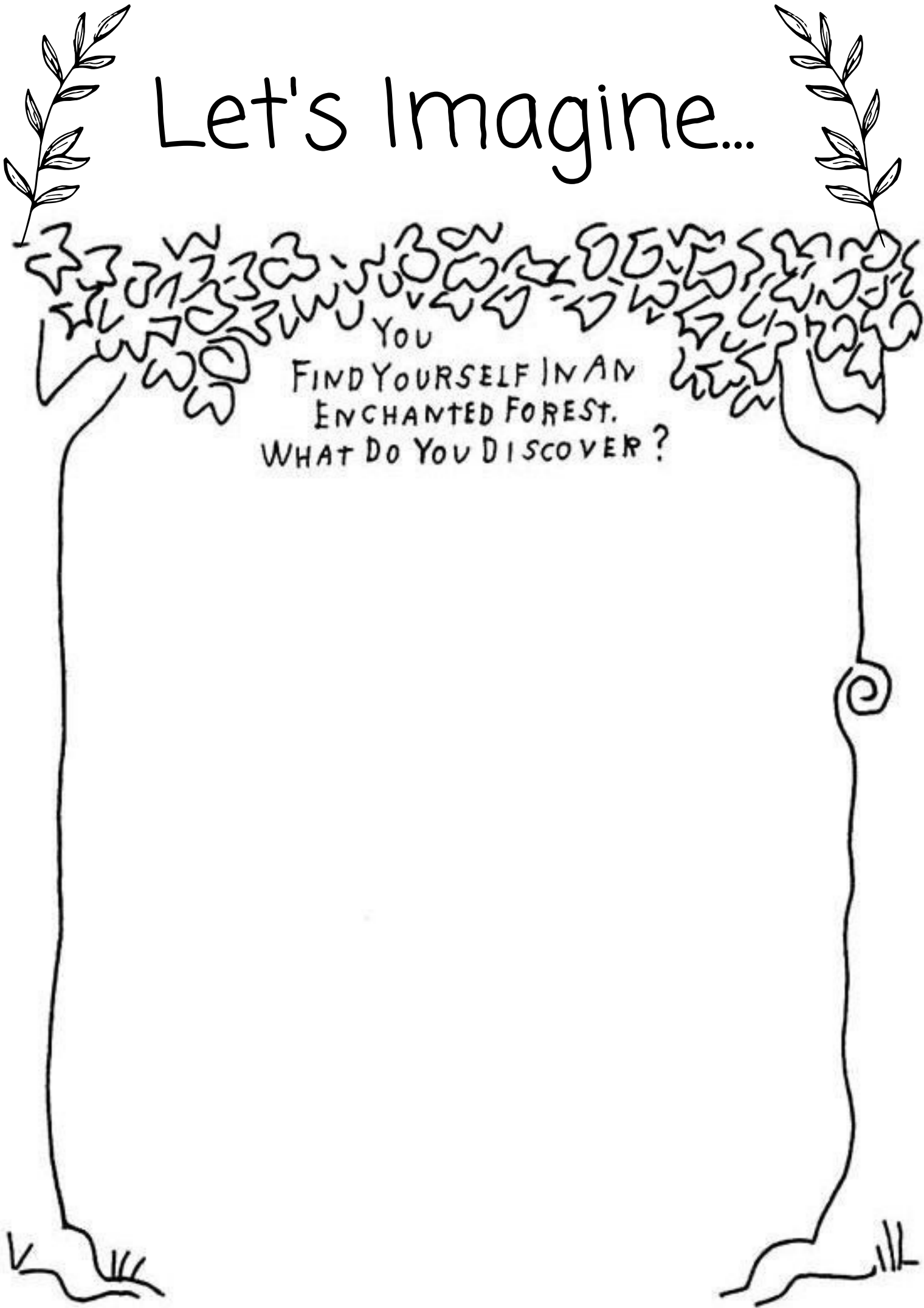


# The Story of My Life



# Let's Imagine...

YOU  
FIND YOURSELF IN AN  
ENCHANTED FOREST.  
WHAT DO YOU DISCOVER?



# Noticing thoughts

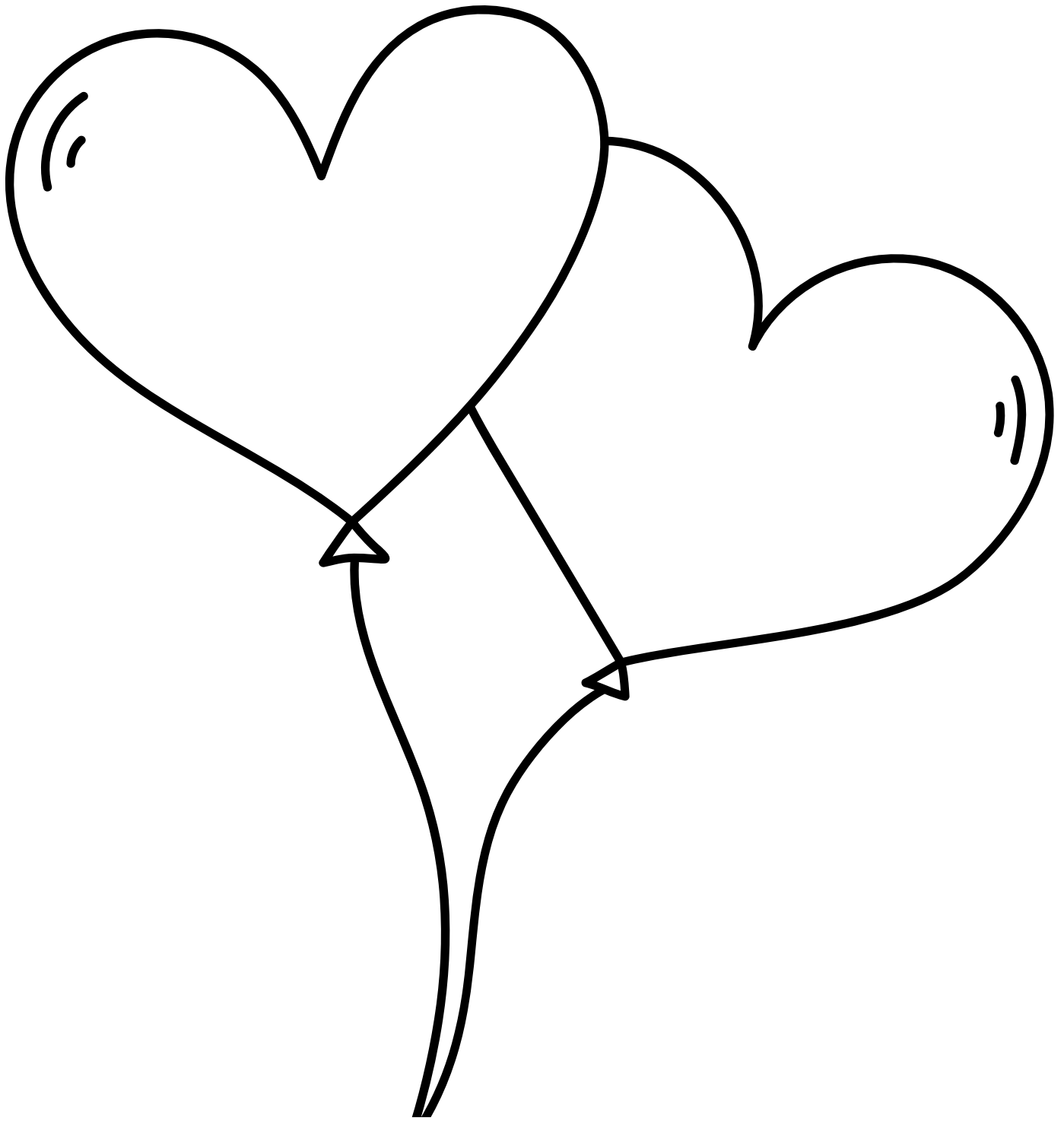
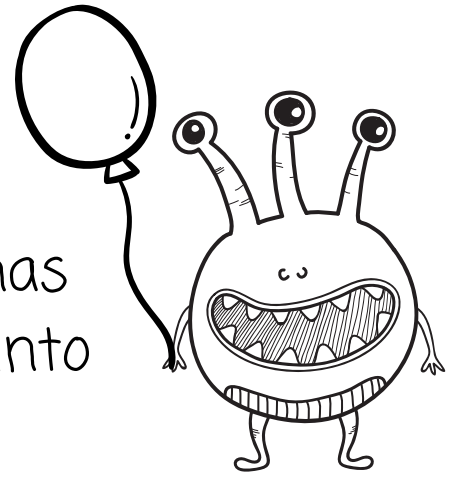
What is on your mind this  
lunchtime?

That must be hard  
to feel that way  
I am here for you

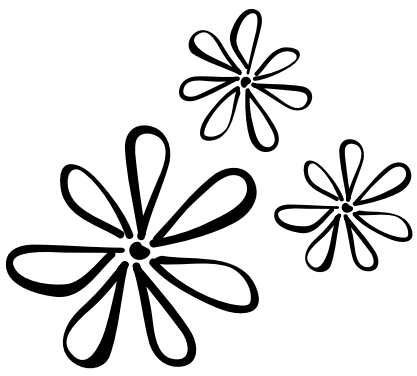


# Let it Go

What can you 'let go' of? What has been bothering you? Write them into the balloons and then 'let go'!

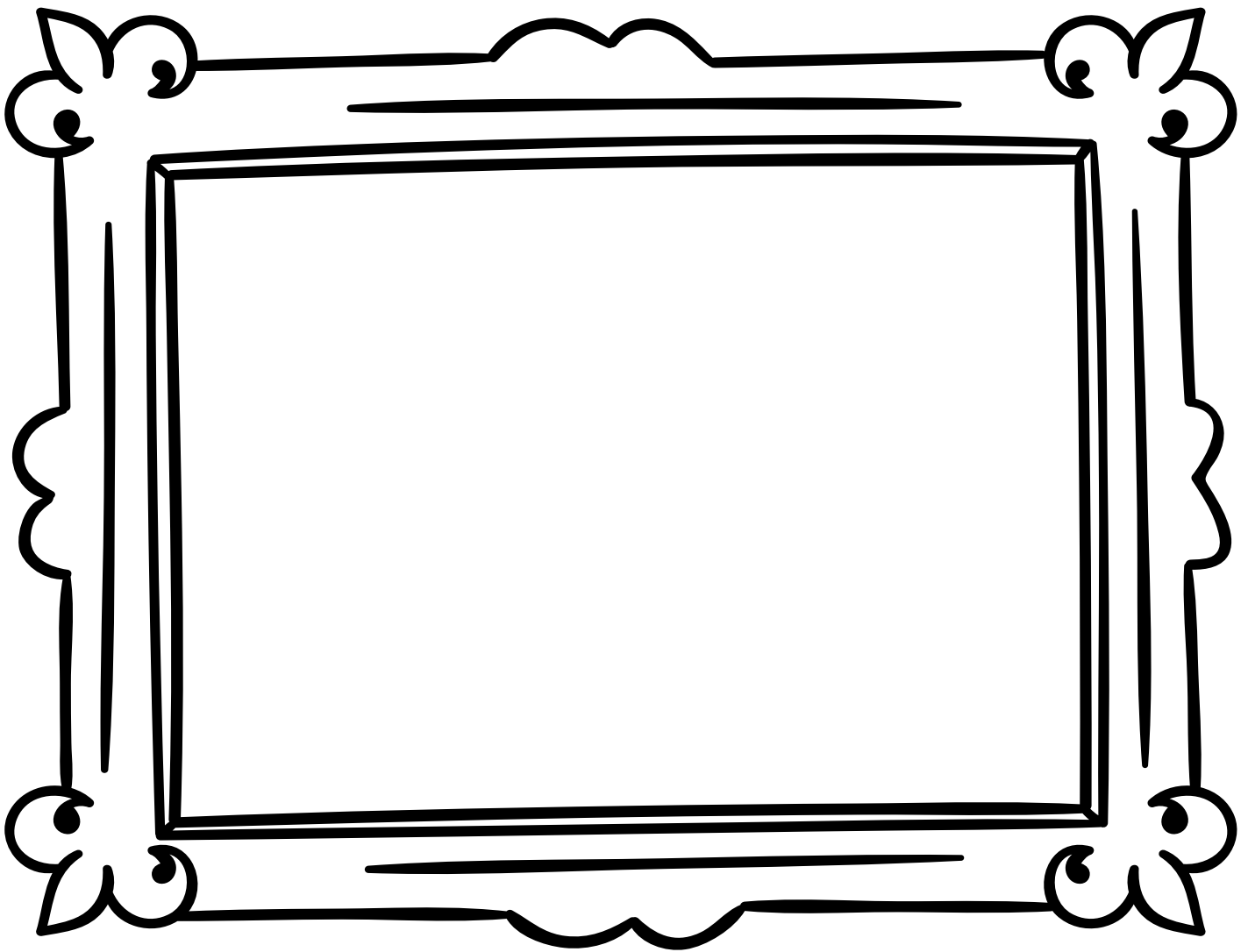
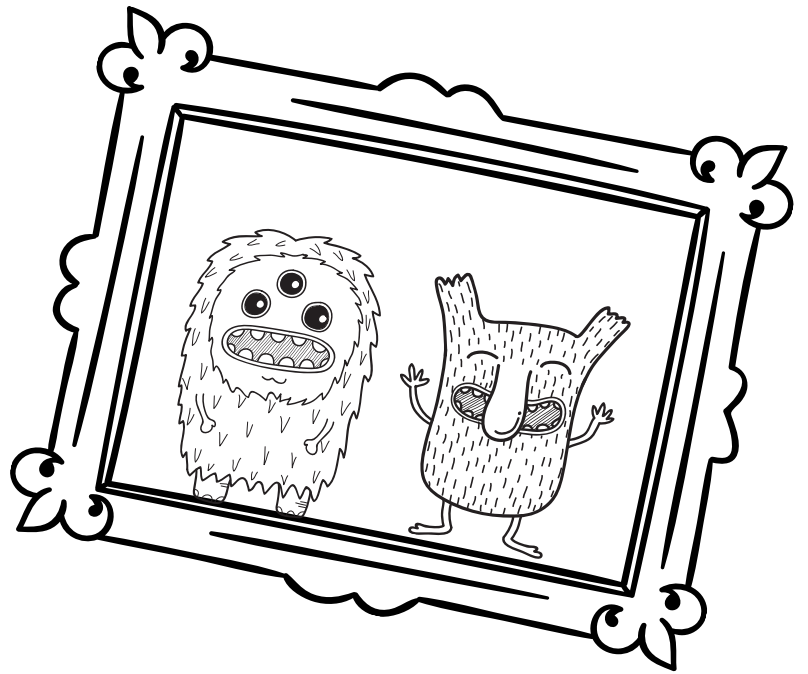


Spread the  
Happiness



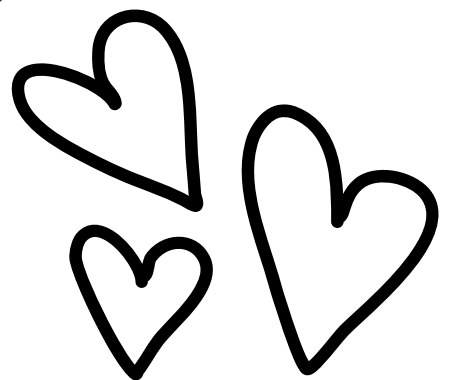
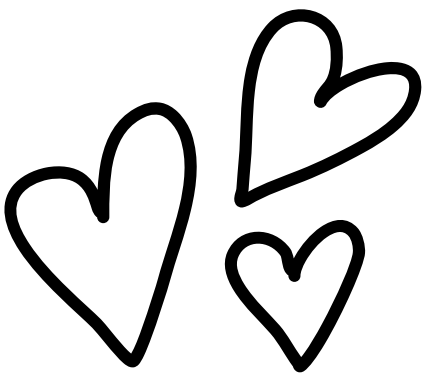
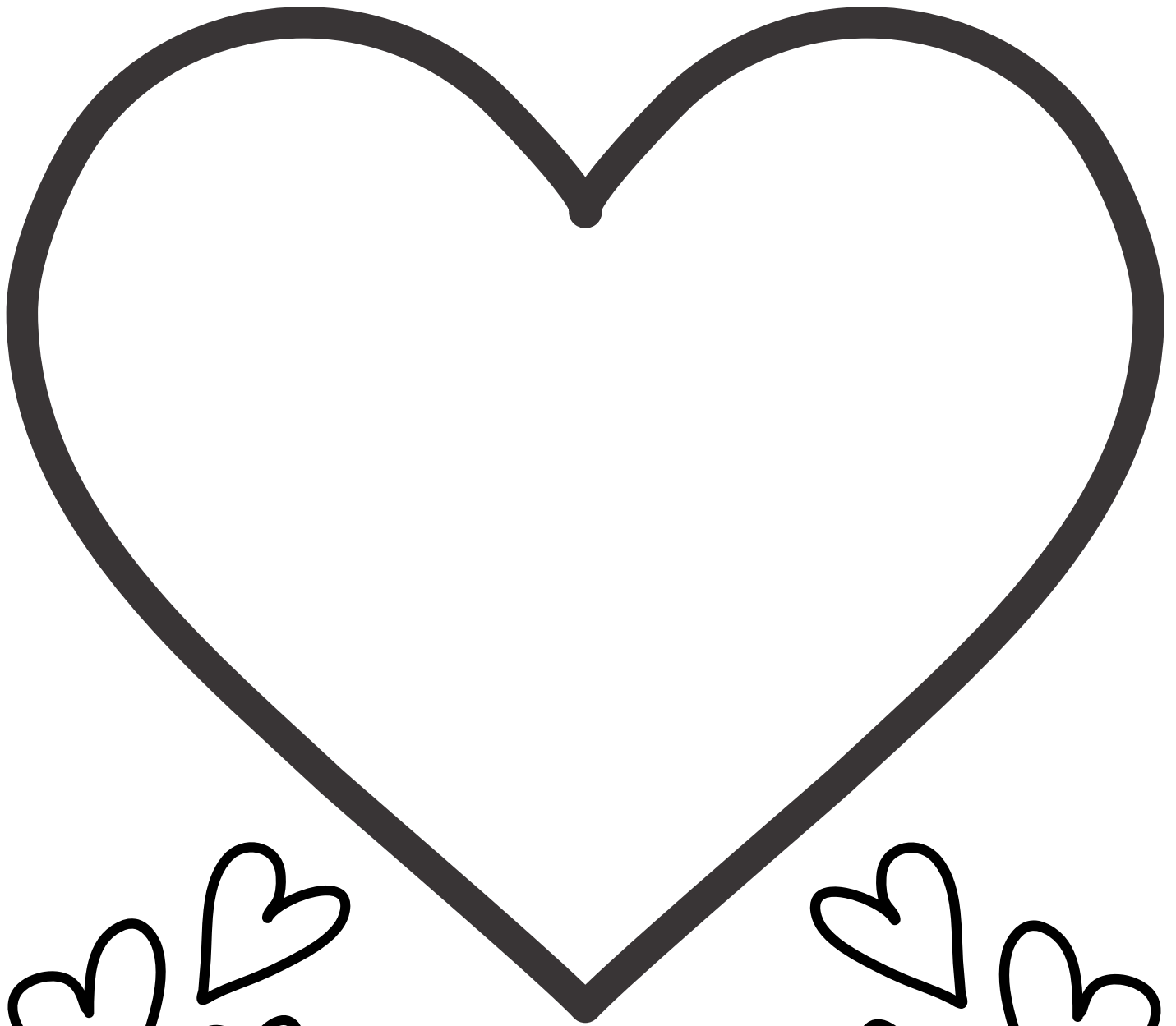
# Fantastic Friends

Draw a picture of your best friend. What do they do to make you feel happy?



Best friend

♡♡ Show me love... ♡♡



How could you show your family how much you love them?