

Key Knowledge

Positive Thinking

When we think **positively**, we look for the good in a situation. This can help us feel better about things and help improve our mood.



Making Good Choices

We each have lots of **decisions** to make each and every day. This could be about what we have for breakfast, what we wear or who we play with. By making good **choices** such as eating a balance of different foods, getting enough sleep, playing outside and spending time with friends and family, we can help our minds and bodies stay healthy and **happy**.

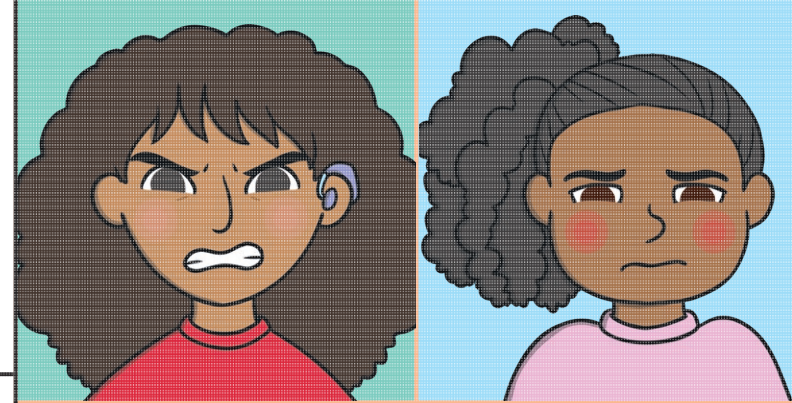


Key Vocabulary

- positive** Looking for the good in a situation rather than focusing on the bad.
- happy** A comfortable feeling we get when we are enjoying what we are doing.
- challenge** Something we may find tricky but that we can work to do well at.
- emotions** The way we feel about things that are happening.
- thoughts** Ideas we have inside our mind.
- choices** Options we have about what to do.
- consequences** Things that happen as a result of something else.
- decisions** **Choices** we make when offered options.
- persevere** To keep on trying.
- resilience** To keep trying when we find something difficult.
- achieve** To complete or do well at a task or goal.
- mindset** Our attitude towards something.
- thankful** A feeling we get when we are grateful for and appreciate something.
- mindful** Focusing on and being aware of something.
Focusing on what we are doing now, how we are feeling and giving our minds time to relax.

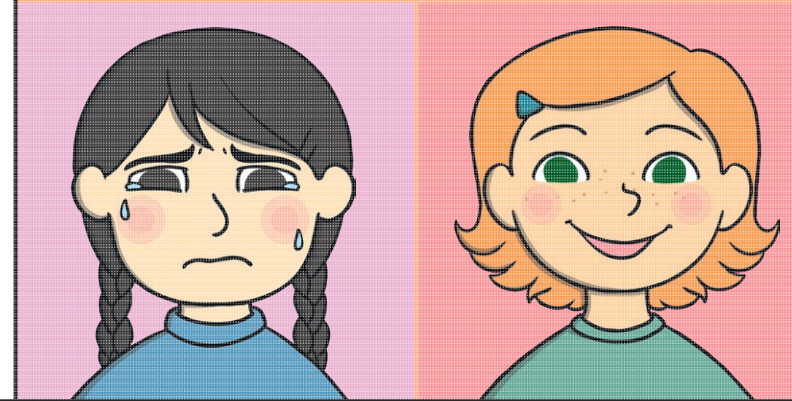
Positive Mindset

If we have a **positive mindset** about our learning, it means we look for new ways to tackle **challenges** and that we see learning experiences as exciting. It means not being afraid to fail and to keep on trying, giving our learning our very best effort. People with a **positive mindset** about their learning will **persevere** and show **resilience**.



Managing Uncomfortable Emotions

We all experience lots of different **emotions** and this is OK. It can be helpful to have some strategies to manage our feelings which we might find uncomfortable. If we feel uncomfortable **emotions** it can help to talk to someone we trust, take deep breaths, think of things we enjoy doing, find someone we enjoy spending time with or do an activity we enjoy.



Being Thankful

Being **thankful** and appreciating what we have helps us to feel **happy**. By focusing on what we have and being grateful for this, we focus on the **positives** and help our minds to feel good.



Being Mindful

When we practise **mindfulness** we focus on our bodies and minds and what we are doing and feeling right now. This gives our minds a chance to be calm and to relax. This can help us to understand our feelings and manage our **emotions**. We can be **mindful** by focusing on our breathing, thinking about what we can see, feel and hear right now, going for a peaceful walk outside, focusing on the taste and feel of the food we are eating, listening to some calming music, looking carefully at things around us and noticing detail in them or concentrating on a calm activity we enjoy.



Key Learning Points:

Helping Our Bodies and Minds to Feel Good:

To help our minds and bodies feel good we can:

- play outside;
- do things we enjoy;
- spend time with family and friends;
- eat a balanced diet;
- get enough sleep;
- think of things we are **thankful** for;
- enjoy some calm or **mindful** activities.



Having a Positive Mindset for Learning: There are lots of ways we can help ourselves approach tasks with a positive **mindset**. This way we can see **challenges** as exciting and help ourselves try new strategies to **achieve** our goals. It can help if we remember **positive** words and phrases:

- I can do this!
- If I keep trying I will succeed.
- Is there another way I could complete this **challenge**?
- Are there resources that can help me?
- Is there someone who I can talk to about this **challenge**?
- I am going to try my best!

To look at all the planning resources linked to the KS1 Think Positive planning, [click here](#)