

# Planning my Positive

FOR KIDS!



○	○	○	○	○
WEEK BEGINNING:				
/ /				



	MONDAY	AM	PM
DATE			
	TUESDAY		
			
	WEDNESDAY		
			
	THURSDAY		
			
	FRIDAY		
			
	SATURDAY		
			
	SUNDAY		
			



# My mood wheel

We can feel a whole range of different emotions every day. It's completely normal for them to change too just like the weather!



Which weather symbol do you think describes your mood today?

Today I am.....



Happy



Sad



Excited



Worried



calm



Jealous



Brave



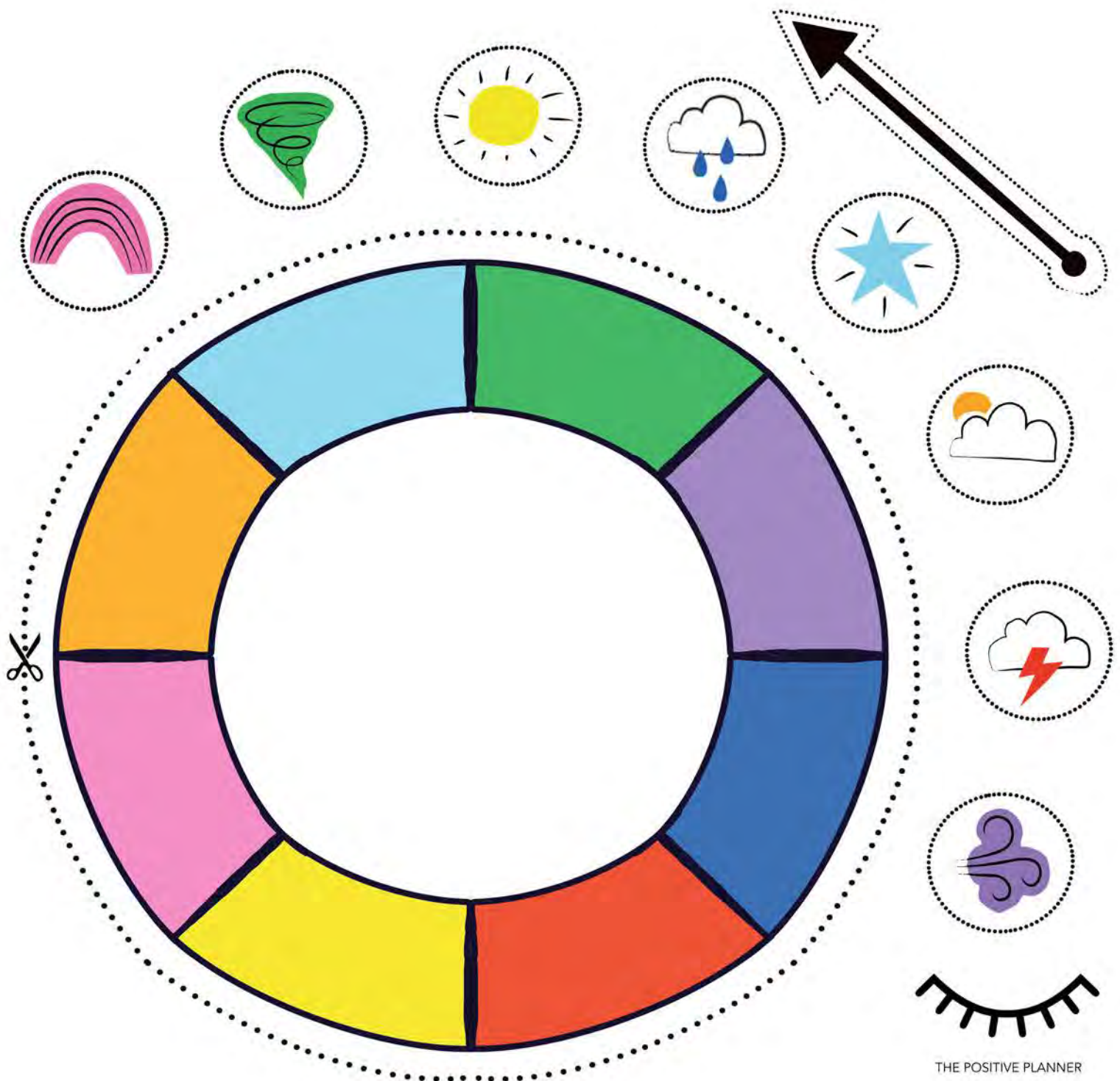
Angry

# How to make your own mood wheel!

You'll need:  
a piece of plain A4 paper  
a split pin  
glue and a pair of scissors

What to do:  
Cut out the wheel and glue it onto the plain paper.  
Next, cut out the colour mood symbols and stick each onto its matching colour on the wheel.

Cut out the pointer and fix it to the middle of the wheel with the split pin.  
You're done! Now you can move the pointer to show how you're feeling!



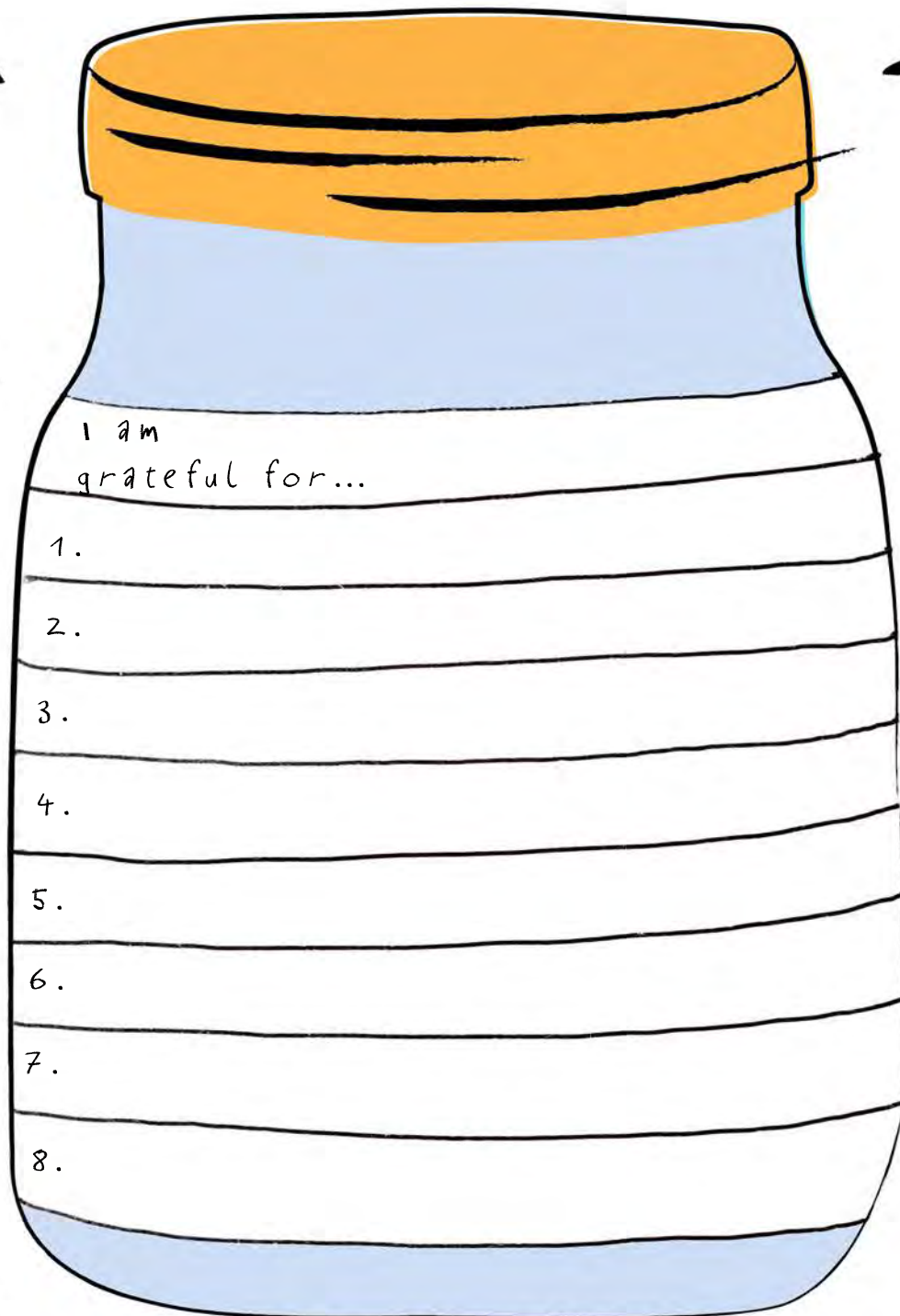


# THE GRATITUDE JAR

Feeling grateful for things helps us turn what we already have into enough!

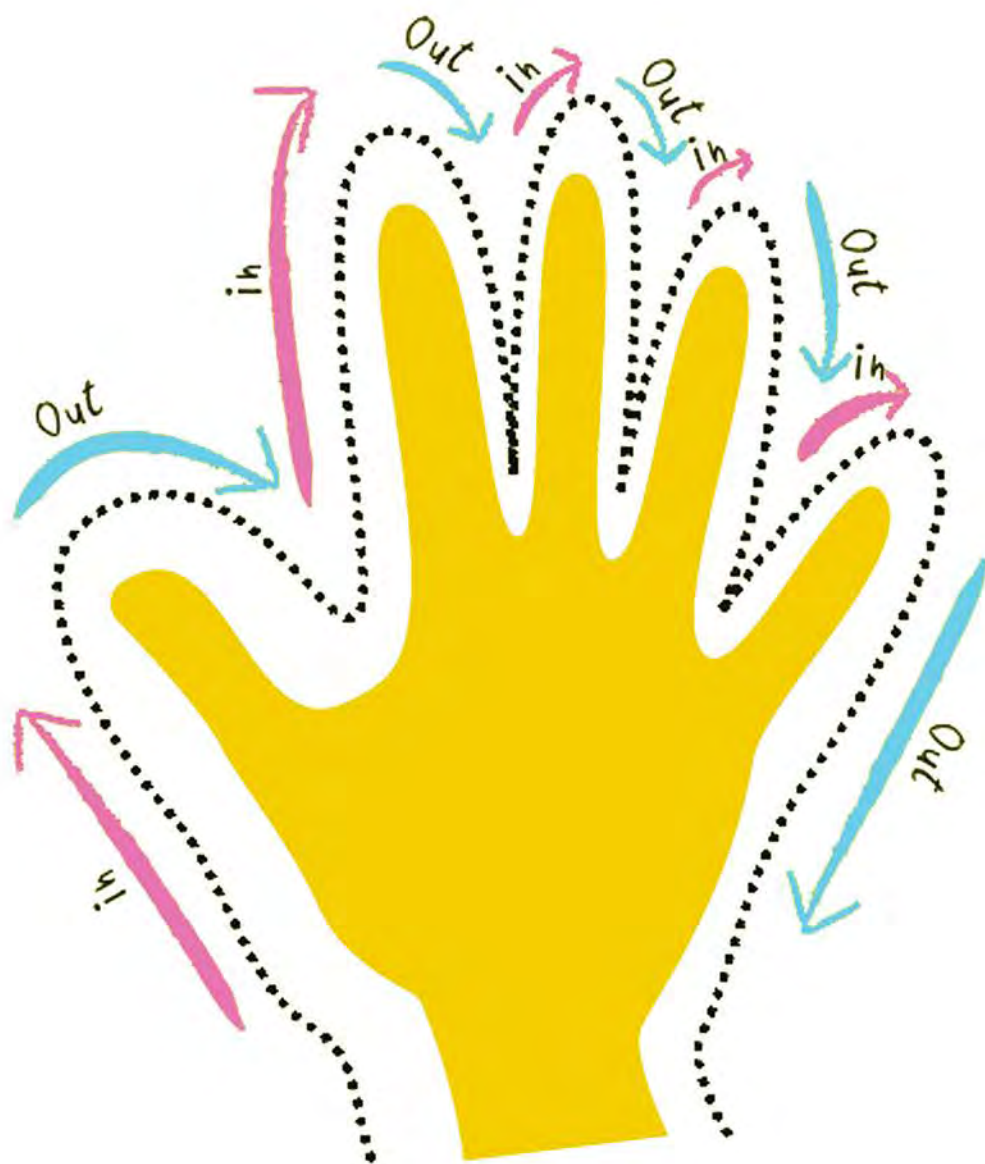
Can you fill up this Gratitude Jar with all the things you're thankful for?

You can even colour in each stripe to make it a beautiful Rainbow Gratitude Jar!





# Mindful Hand Breathing



When you trace your finger upwards,  
take a BREATH IN  
and when you come down again,  
you BREATHE OUT.  
You can do this wherever you are  
if you need to calm down or feel relaxed.

# HEART JIGSAW



THE POSITIVE PLANNER

You'll need:

- a piece of plain A4 paper to print on
- a piece of plain A4 paper to stick on
- colouring pens or pencils
- Glue and a pair of scissors

Draw a picture of something you love in the jigsaw heart.  
It can be absolutely anything!

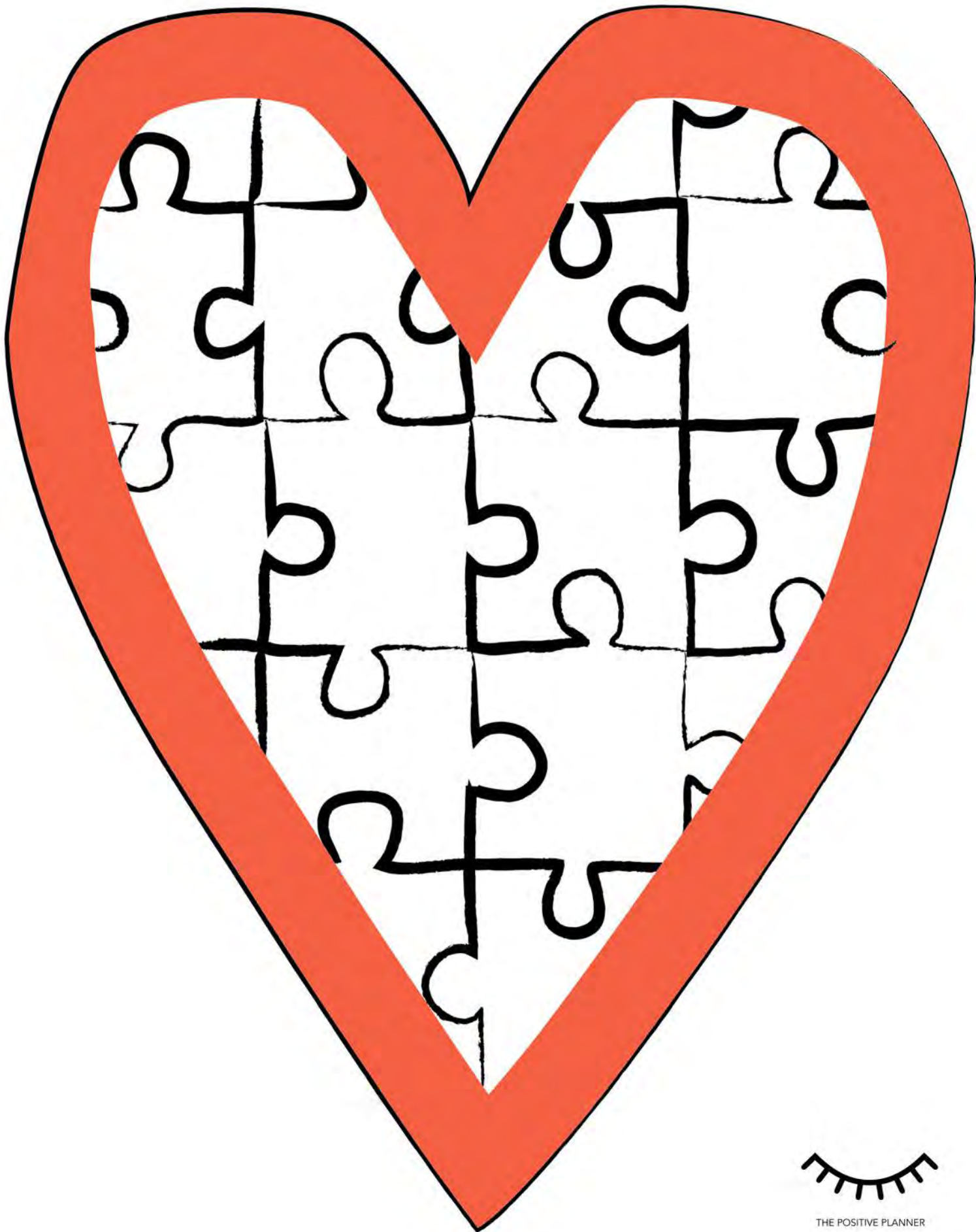
Then cut it out and muddle the pieces up.  
See if you can put it back together  
and glue it onto the piece of blank paper.



\* You can even send it to a friend or give it to someone in your family to see if they can put it back together. Have fun!

# Heart Jigsaw Design

Design your own jigsaw puzzle





WE  
ALL  
HAVE  
DIFFERENT  
STRENGTHS