

Create a really positive acrostic poem, using the words **yes I can**, written down the side of the page.

Draw a picture of yourself doing something that makes you feel really calm and content.

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

Use a thesaurus to find synonyms for mindset.
Think of lots of other words that relate to the word mindset.

Write about or draw a picture of a time when you faced a new challenge.

List five things you can focus on when practising mindfulness.

or

Draw a mindful picture, with lots of detail and patterns on it, for a friend to colour.

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Draw a picture and write a caption about a time when you made a choice and there was a positive consequence.

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Write a message that you might text or email to a friend who was feeling down. What would you say to help them with positive thinking.

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Draw an outline of a person and fill it with all the vocabulary to describe different uncomfortable emotions that you can think of. Now do the same for positive emotions.

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