

# Turning negatives into positives

30 mins

KS 2

This activity teaches children how to think more positively.

## What you will need

Not so nice feeling cards

Speech bubbles

## Method

- Arrange the children in a circle
- Start by discussing the feelings on the cards and what we can do to feel better  
E.g. If someone is worried they could tell the teacher what they're worried about and they could help them.  
If someone is feeling nervous they could try reading a book or running around in the garden to take their mind off whatever they're nervous about.
- Go round the circle and taking each card in turn ask the children to say what they would do if they felt that way or if a friend was feeling like that (whichever is most appropriate).
- Explain that there are things we can do to change or improve the way we feel.
- Often we get upset and frustrated and feel that we can't do anything. We might feel or say, 'I give up!'
- Ask them to suggest what we can we say instead: What can we say that would be kinder and more helpful to ourselves and others?

## Not so nice feelings cards

Worried

Nervous

Frustrated

Angry

Disappointed

Sad

Lonely

Scared

Hurt

Upset

Mad

Tired

Jealous

Left Out

Embarrassed

Uncomfortable

Angry

Fed up

Instead of saying, "I am stupid!" .....



I will say, "....."



Instead of saying, "I give up!" .....



I will say, "....."



Instead of saying, "I can't do this!" .....



I will say, "....."

