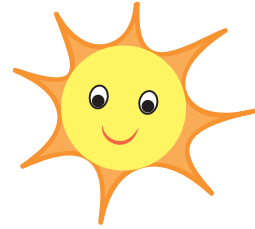


Name _____

Date _____



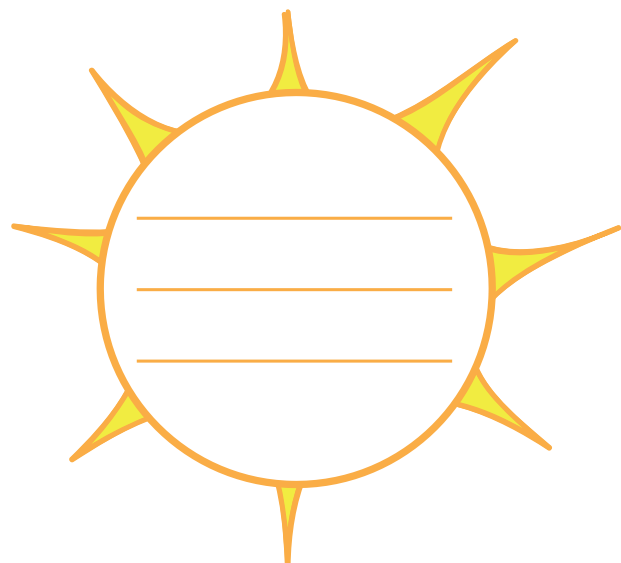
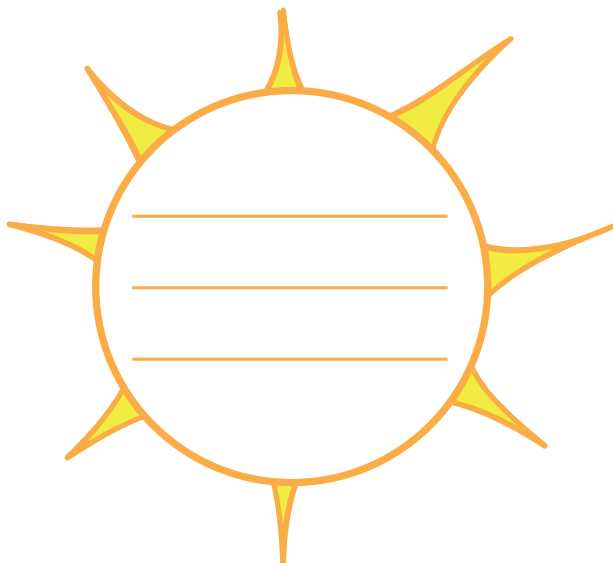
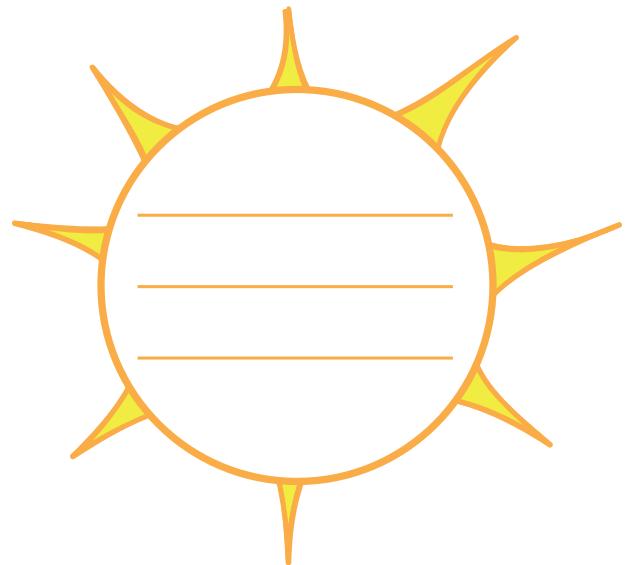
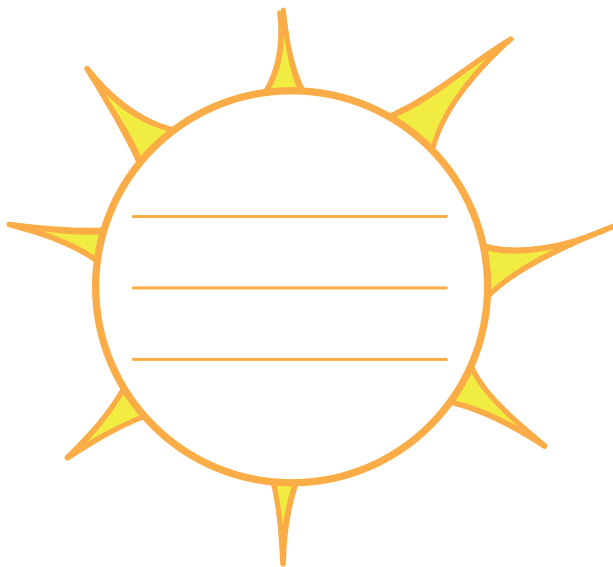
Seeing the Bright Side



We have a tendency to focus on the negative. Paying attention to positive things (and repeating them in your mind or out loud) can support more feelings of happiness and calm. It's like moving from a cloudy day to seeing the sun peek behind the clouds, and noticing the sunlight peeking through your window!

Part 1: Choose one person you would like to send a positivity note to today. Design a card or a short video that answers the following questions: What do you like about them? What do you wish for them (happiness, love, health)? Then send it to them to brighten their day!

Part 2: In the suns below, write down ten positive things that happened to you today or things that you love and enjoy (ex. playing outside with friends, watching a funny movie, a compliment that someone gave you, etc).



Name _____

Date _____



Seeing the Bright Side

