

Name _____

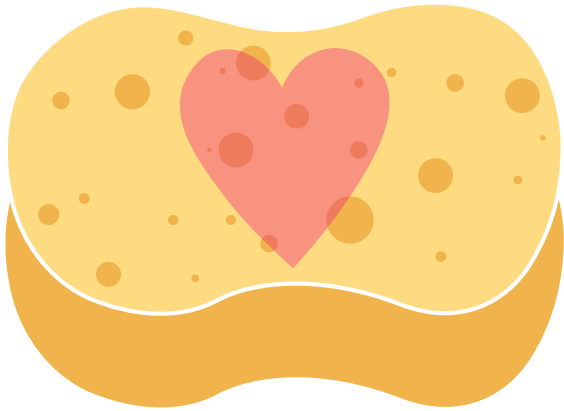
Date _____

Soak in the Positive Like a Sponge!

Student Instructions: Create a mini book by drawing pictures to illustrate the given questions below. After you have drawn pictures for each page, cut out each square and staple the squares together to create your own book on soaking in the good!



Soak in the Positive Like a Sponge!



By _____

Remember a time someone was kind to you in school...

Bring up into your heart someone who has smiled at you with a beautiful smile that just made you feel so good...

Think of your favorite animal or pet....

Soak in the Positive Like a Sponge!



Bring to mind a moment when someone
was there for you...

Imagine your favorite space in your
home or in nature...

Remember a time you
succeeded in something...

Bring into your heart a time you felt
loved, just for being you...

Now take a moment to feel the goodness and positivity within you from thinking of these things.

Remember the positive and soak it in like a sponge!

Soak in the Positive Like a Sponge!

*To go above and beyond, create your own pages, phrases, and drawings below for additional pages!



Remember a time when _____

_____ ...

Hold in your heart a moment when _____

_____ ...