



Parent Info:

This week focuses on positive attitudes.

Why is this important?

Being able to acknowledge our strengths and accomplishments helps to support confidence and build self-esteem.

How can we grow this area?

We can help to foster positive attitudes in children through helping them identify character strengths, such as being kind and helpful. We can encourage them to be reflective about their achievements and take a compassionate and kind approach to their efforts.

Worksheets included:

- 1) **Grow-ga:** Growth Mindset Yoga is a physical activity that pairs up yoga with positive affirmations. As a child completes each pose, help them to focus on one positive and constructive self-statement. It's also a great activity to improve focus!
- 2) **Accomplishment jar:** Achieving goals and accomplishing our objectives helps us grow and build on success. This activity can help children identify what they feel their accomplishments are not matter how big or small. This can support them to feel more confident in their abilities.
- 3) **I am awesome:** This worksheet allows your child independently or with your support to write or draw all the things that make them awesome. You don't need to fill it all in at once but can keep adding to it. This can support children to hold in mind their strengths.

- 4) **Positive affirmations list:** This offers lots of positive affirmations that children can use.
- 5) **My strengths and qualities:** This activity can support children to reflect on their strengths and qualities.
- 6) **3-2-1:** As a thread across all topics, each week the 3-2-1 exercise to promote a growth mindset will be included. It encourages reflection and curiosity.

Additional online resources:

- **Positive affirmations video** - <https://www.youtube.com/watch?v=ffXclh8cdkY>

Grow-ga

While practicing each of these yoga poses try focussing on some of these positive self-statements:

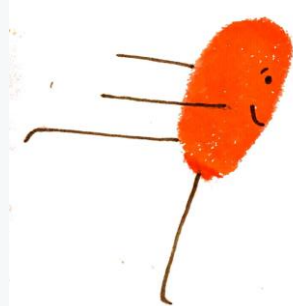
1. Say hello
to the sun



2. Pretend
to be a
tree



3. Pretend
to be a
flying
bird



4. Pretend
to be a
frog



I care about
others

I have an
open-mind

I work hard

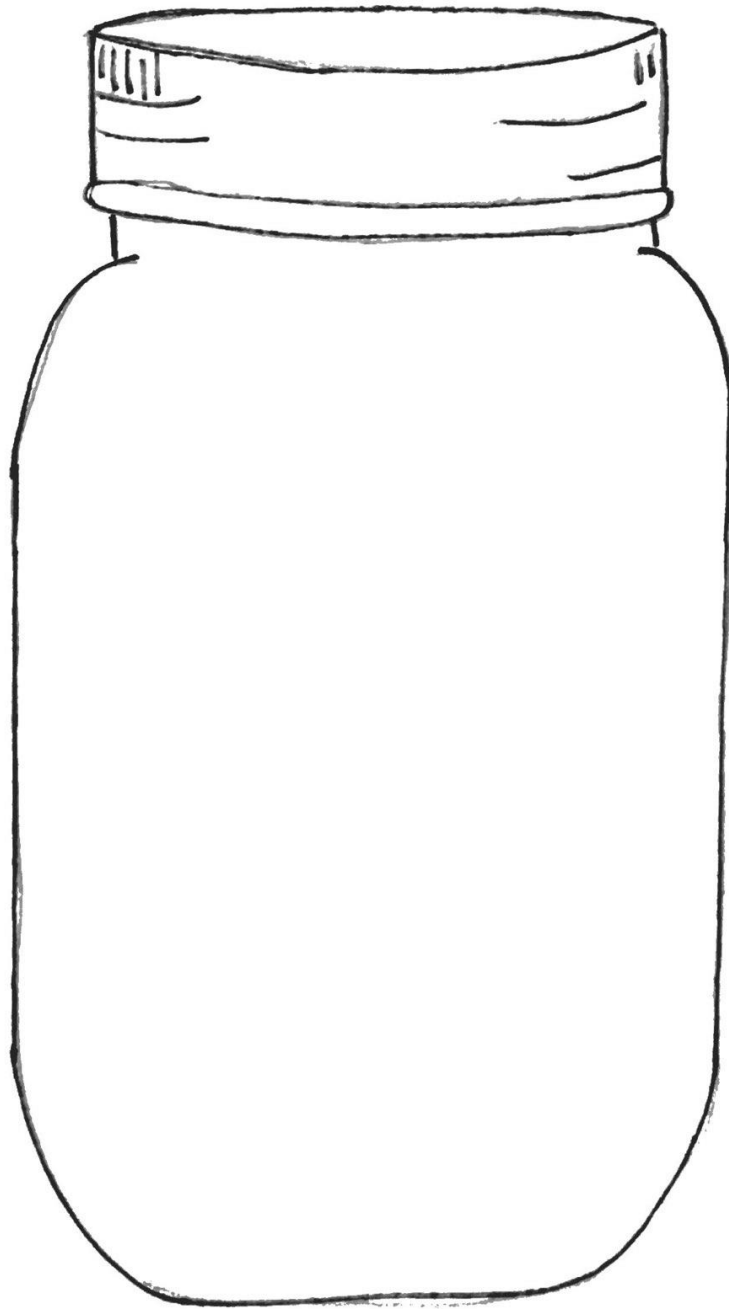
I enjoy
learning and
discovering

Can you come up with one positive self-talk statement every day?

Accomplishment Jar

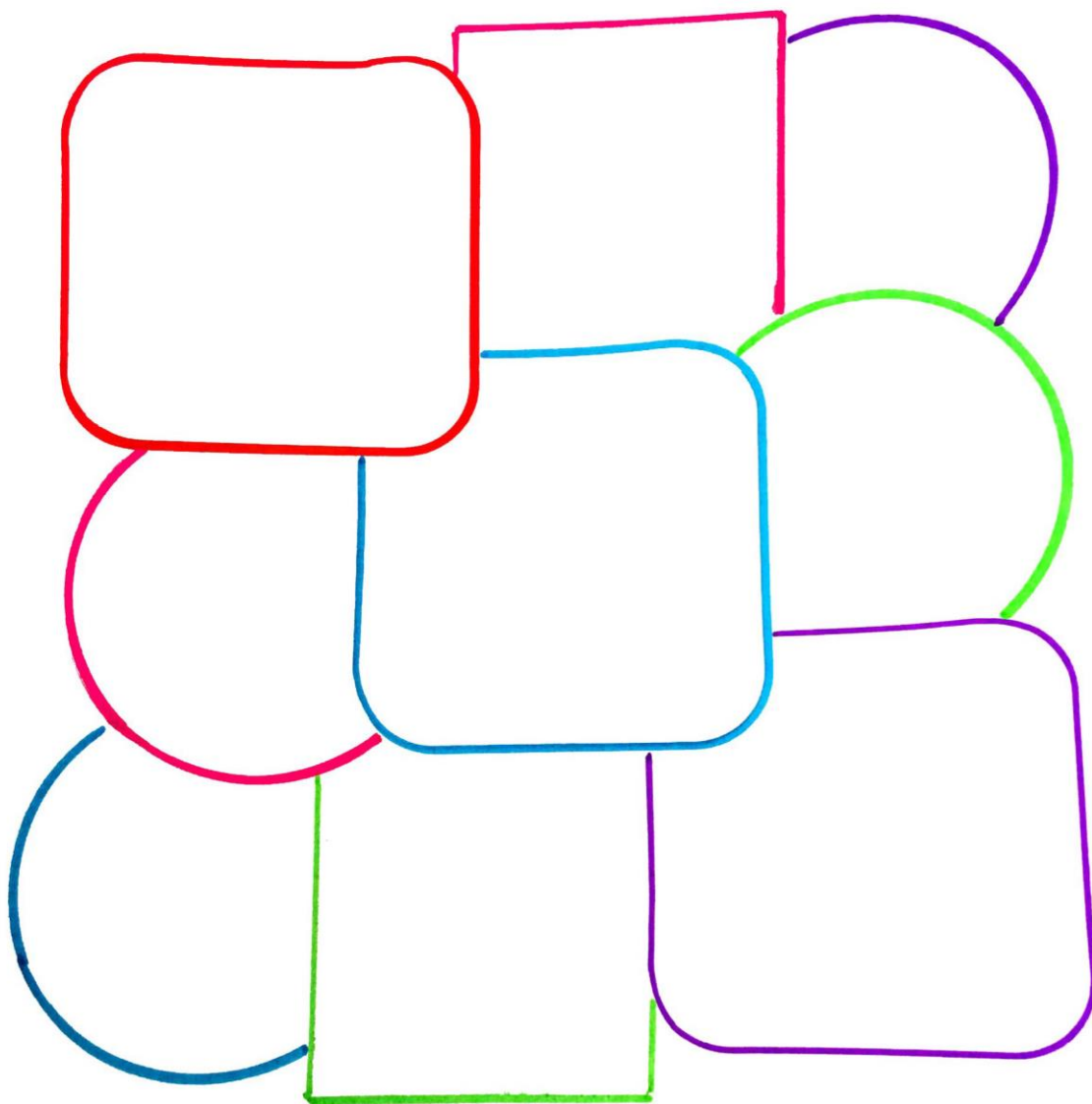
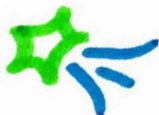
Think carefully about things you have achieved and write or draw them in the jar below. You can ask yourself:

What is one thing that I have accomplished today? How do I feel about it, and why?



Wow! You are a super star!

Write down or draw all of the things that make you brilliant, great and awesome!



Positive self-talk statements

I achieve my
goals



I have grit

I am prepared

I can relax
and breathe



I will do well

I think
positive



I can take my
time



I am trying
my best

I am learning



I can solve
this

I trust myself



I put in the
effort

I believe in
myself



I have a great
memory

I am capable



I am calm

I am focused



I have a
growth
mindset

Practice using positive self-talk every day!

Can you come up with any other positive self-talk statements?

My Strengths and Qualities

On this worksheet you can record all of your strengths and qualities. For example, things you are good at, challenges you have overcome and even times you have helped others or made them happy!



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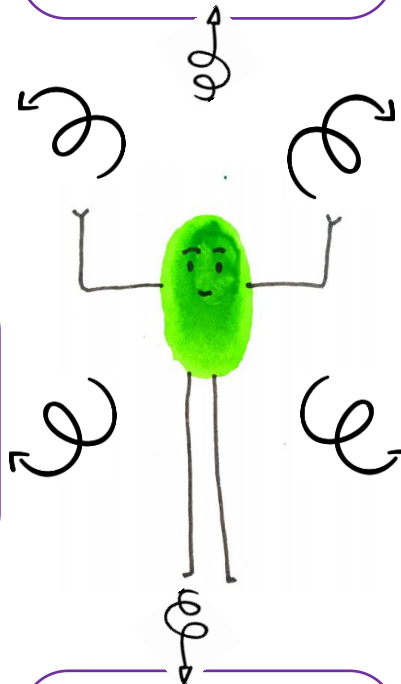
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3-2-1 Exercise
What 3 things have I learned?
1. 2. 3.
What are 2 things that I want to find out more about?
1. 2.
What 1 question do I still need to ask?
1.