



PSHEE	Think Positive	Year 3	Term: 3
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<p>This unit builds on what you have already learnt about feelings, both comfortable and uncomfortable and how our attitude towards life can affect our mental health. The main themes are thinking positively and calmly, managing difficult emotions, taking responsibility for decisions and developing a growth mindset approach to learning.</p>	<p>Questions to help you Think Positive:</p> <ul style="list-style-type: none"> • What choices support a healthy lifestyle? • How can your choices have a positive or negative impact on your healthy lifestyle? • How can you take care of your mental health? What strategies would support this? • Why is it important to discuss and express your feelings? What strategies do you have to help you manage your feelings and emotions?
<p>Questions to help you Think Positive:</p> <ul style="list-style-type: none"> • Why might feelings change over time? • How does change and loss affect your feelings? • How can you get support for yourself or others if you are worried about your mental health? • How do your strengths, skills, achievements and interests contribute to your mental health? • How can you manage setbacks and reframe unhelpful thoughts? 	<p>Activities you could complete:</p> <ul style="list-style-type: none"> • Positive Thoughts Diary: Record positive thoughts or reflections only, every day, for a week. No negative comments are allowed! • Positive Thinking Cap: Design a Think Positive Cap. • Design a Think Positive mascot that could be used in school to help with positive thinking. • Challenge Day: try something new, persevere when something is difficult and understand that we learn through practice and effort.