

POWERFUL POSITIVITY

What is positive thinking?

It is an attitude that focuses on the bright side of life. Positive thinkers are more likely to be successful and achieve results than negative thinkers. They are more likely to reach their goals. A positive person knows that they can overcome any problem or difficulty.



A negative thought is one that brings people down and makes them feel hopeless. "I can't run the cross-country. It's too far."

A positive thought gives people energy, hope and makes them keep going. "I'll start running slowly and when I get tired I'll slow down a bit more but I know I can finish."

A tale of two boys

Tamati wanted to try out for the touch tournament but Tamati was driven by negative thoughts. He didn't believe he was good enough and always felt that everyone else played better than he did. The night before the try outs he tossed and turned, dreaming about how badly he might mess up. He woke up late, tired from tossing and turning.

James also wanted to try out for the touch tournament. He wasn't the fastest runner but decided he would give it his best and see what happened. He believed he would get better with practice. The night before try-outs, he made sure that he had his sports gear packed ready to go.

He went to bed a little earlier than usual and dreamed of scoring a winning try. He imagined the feeling of getting picked for the team.

Who do you think performed better the next morning? Why?



How do you prefer to be?

1. It's not surprising that most people would prefer to think positively. Negative thoughts, words and attitudes create unhappy feelings. To make sure your thoughts stay positive:

- Use your imagination to visualise happy situations where things turn out the way you want them to.
- Ignore the negative things people may say about you.
- Use positive words when you talk to yourself and don't put yourself down in front of others.
- Smile more: this helps you to think positively.
- If you find negative thoughts sneaking in to your mind, try to replace them with positive ones.

2. Positive thinking activities

My top ten

Make a list of the top ten things that make you really happy. Share your list with your family. Do you have any other ideas?

Happiness song

Each member of your family secretly writes down the name of their favourite song. Each song is randomly played while everyone tries to identify why each family member likes the song. The person who chose the song can either remain anonymous if they wish or can share what it is about the song that they love.

Change Brendon's negative thoughts to positive ones.

Negative	Positive
Nobody wants to play with me	
I'll never be able to read chapter books	
I'm not good at remembering things	



Finally ... remember that it is okay to feel sad sometimes – so if you feel like you want to cry, then have a good cry. If you feel angry that's perfectly normal too. If we were happy all the time we would forget how good happiness feels.