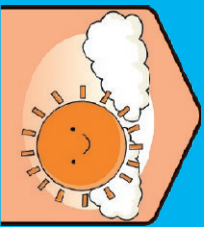


Disclaimer

This resource is provided for informational and educational purposes only and does not constitute mental health advice. If you require mental health advice, you should contact a suitably qualified professional. You should not rely on the material included within this resource and Twinkl does not accept any responsibility if you do.



Health and Wellbeing | Think Positive

Key Knowledge

Thoughts, Feelings and Behaviour

The thoughts we have can affect our **feelings** and our **behaviour**. This can have an impact on the people around us as well. Understanding whether our thoughts are helpful or unhelpful can help us to consider the **reactions** we may have to them, such as our **feelings** and **behaviour**. Turning unhelpful thoughts into helpful thoughts can have a positive effect on ourselves and others.

Positive Mental Attitude

If people experience unhelpful thoughts, they can use a worry doll or monster, share their worries with someone they trust, write them down in a thought journal or talk back to them. To help ourselves develop a positive mental attitude, we can eat a healthy balance of foods, get plenty of exercise, get enough sleep and drink lots of water. Doing things we enjoy can also help us to develop a positive mental attitude. This might include playing with a pet, seeing friends and family, playing games or getting outside in the fresh air. It can also help to laugh, help others and start the day with a positive thought.

Feelings and Emotions

It is helpful to understand the many different **feelings** and emotions we may experience. This can help us process them and talk about them with others. Some emotions are comfortable whereas some may be uncomfortable. If we are experiencing uncomfortable emotions, it can help to talk to a trusted adult and get help. It can also help to take some deep breaths, count to ten, listen to music, spend time with friends, family or a pet, or talk to someone you trust about how you are feeling.

Making an Informed Choice

It is important we get as much information as we can if we are to make an informed choice. This might mean thinking carefully about what the 'right' thing to do is, asking for advice from people we trust, thinking about a similar decision we have had to make in the past, considering who will be affected by our decisions, how they will be affected and whether the decision is the safe choice.

Key Vocabulary

feelings

Emotions we experience about things that are happening.

behaviour

Our actions. The way we behave.

cognitive

Thinking and other mental processes.

mindfulness

Focusing on the present and what we are feeling, seeing and doing right now.

opportunities

Chances to do things.

challenge

Something we may find tricky but that we can work to do well at.

resilience

Trying again and continuing to persevere when we find something difficult.

reaction

Our **behaviour** or **feelings** in response to something that happens.

growth mindset

The belief that we have the capacity to improve our talents and abilities through our effort and actions.



Using Mindfulness

Our minds have to process a lot of information. There are many sights, sounds, **feelings**, sensations, thoughts and decisions we have to work through all of the time. If we use **mindfulness**, we can be aware of our surroundings and consider our thoughts, **feelings** and the sensations our body is experiencing. **Mindfulness** helps us talk back to unhelpful thoughts, it can help us to form better relationships with those around us by improving our communication and listening skills, it can help us to feel grateful by focusing on what we have and it can provide a calm focused time in a busy day.

Facing a Challenge

There are lots of ways we can help ourselves when we face **challenges**. By thinking positively, we can support ourselves to achieve, such as by thinking about how proud we will feel when we have overcome the **challenge**, thinking about the qualities of ours the **challenge** will strengthen, observing others and learning from what goes well for them, trying different strategies, asking questions and researching, being patient with ourselves and celebrating the effort we have put in.

Key Learning Point:

Developing a Growth Mindset

Having a **growth mindset** means we believe that with a positive attitude towards our learning and with hard work, we can achieve our goals. To develop a **growth mindset**, we need to:

- ask questions to learn more;
- learn from the success of others;
- use feedback to improve;
- overcome obstacles;
- embrace new **challenges**;
- learn from mistakes;
- problem-solve;
- keep trying;
- show determination;
- believe in ourselves.

To look at all the planning resources linked to the **UKS2 Think Positive** unit, click [here](#).