

Skills Challenge – Week 4 Staying Positive

Positivity means thinking and acting in an optimistic way, by looking for solutions, expecting good results and success. It is a happier and worry-free state of mind, which looks at the bright side of life. There are many ways in which we can help ourselves stay positive. This can include doing things to take care of both physical and mental wellbeing which in turn promotes high self-esteem and confidence. We can try to be positive by thinking and speaking in a positive way. For example, thinking and saying, “I can” rather than “I can’t”. However, being positive does not mean ignoring difficulties or bad experiences it means acknowledging them, learning from them and doing better. Adopting a growth mindset is incredibly empowering for children. It can help them better manage stress and anxiety when it does occur. It helps with self-regulation, promotes positive emotions and self-compassion. You can find out more about positivity skills at www.skillsbuilder.org

Here are some activities for you to take part in to help develop your staying positive skills. Once completed, send evidence to us at childrensuniversity@wakefield.ac.uk and we will send you a stamp code for 1 Learning Hour per activity.

Activity 1 - Do you know any music that is uplifting? How does it make you feel when you hear it? Why do you think it is uplifting? Sometimes music reminds us of happy memories or a person we love. Listen to the instruments and the tempo of the music to help you to explain why it is happy music. Is it fast or slow? What about the words in the song? Can you list the positive words? Create a mindful playlist of songs.

Activity 2 - For this activity we would like you to create a kindness calendar. Think of one kind thing you can do each day this week and create diary for the week with each kind thing you are going to do. It could be something kind you will say, showing gratitude to someone who was kind and helpful to you or you could make something for someone you love. Tick off each one as you go through the week.

Activity 3 – This activity is about self-care. Staying positive can be hard in these difficult times and we may feel overwhelmed with big emotions from time to time. Be kind to yourself. For this activity you choose what you would like to do. What do you love the most? Do you have a hobby or an interest or would you like to try something new? Spend some time enjoying an activity of your choice. It could be cooking something nice eat, dancing, singing, playing your favourite music or to enjoy some family time playing your favourite board game. You choose but whatever you do have fun and let us know what you did and why you chose it.

Have fun and don't forget to send us photos or videos to claim your stamp code.