

Being Positive

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To understand that most people feel the same range of emotions, but do not always respond in the same way to similar situations

To celebrate personal strengths and achievements and promote awareness of what can affect us

To see the good that can come from the bad

NEW VOCABULARY

Positivity Thinking ,
Negativity, Balance,
Resilience, Optimism, Physical
Health



STARTER ACTIVITY

What causes someone to be positive about a situation?
Why is it important to understand that some people do not respond in the same way to similar situations?

3 Minutes



GROUND RULES



Be open and honest
No Personal Comments
Discussions must be about
'general situations'



You don't have to say
things about yourself if
you don't want to

It's OK to be embarrassed
by a topic but don't show
that you are embarrassed
through silliness



Be Respectful

Listen & don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate
Language (Avoid slang terms)



Don't Make Assumptions
about people's values,
attitudes, behaviours, life
experiences or feelings

PSHE CLASSROOM RULES

DEALING WITH SENSITIVE TOPICS

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

There are **no stupid questions**
It's OK to get things wrong

Be Non-Judgemental

No put-downs. Challenge
the opinion, not the
person



Conversations on sensitive
topics stay in the
classroom unless it is a
safeguarding issue

Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support



Being Positive

ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER



BEFORE THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I regularly give other people compliments and try to be kind to others										
I can explain my strengths and why it is important to be aware of my emotions										
I can turn a problem into an opportunity										



Complete a baseline assessment of where you think you are at for this lesson
(Discuss or complete sheet)



2 Minutes

I'm not
confident at all
on this topic

A little
confident

Confident

Very
confident

I am super
confident on
this topic



What does each of these sayings actually mean?
How can they be applied to life?
Which is your favourite?
Can you come up with your own positive saying?

Positive Mind
Good Vibes
Great Life

NEVER
—
Apologize
— FOR BEING A —
Powerful
—
WOMAN





Motivational Speech



**WATCH THIS EVERYDAY AND
CHANGE YOUR LIFE - Denzel
Washington**

Task: Pick one or two coloured
hats and answer all the related
questions



10 Minutes



What facts do I
know? What else
do I need to know?
What do I want to
know?

INFORMATION



How do I feel
about this? What
don't I like about
this? What do I like
about this?

FEELINGS



Can something be
done? New ideas?
What are the
solutions/
suggestions?

CREATIVITY



What thinking is
needed?
Next steps?
Where are we
now?

THINKING



What is wrong?
Is it safe?
Can it be done?

JUDGEMENT

Sometimes it's very easy to listen to these negative thoughts and feel down. Think of your emotions as a balance, there will always be bad things, but there will be good things to counteract them too!

Have you ever said or thought any of these things?

I'm useless

....is better than me

I don't like the way I look

I can't do it

I'm no good at...



Keeping Things in Balance

POSITIVES

NEGATIVES

Sometimes it's very easy to listen to these negative thoughts and get down. Think of your emotions as a balance, there will always be bad things, but there will be good things to counteract them too!

Task

You will be given three pieces of paper.

Write down 1 compliment about each of the three people after you in the register.

We will then put all the compliments into a box and hand them out next lesson

Recognising the Positives

Task

With the person next to you, think of one nice thing to say about:

Your favourite actor / singer / sportsperson

Your experience at your school so far

A friend

Yourself



Reflection

Did you learn anything new and positive about yourself?

Did you find it easy to say positive things?

Is it easier to say positive things about someone else rather than yourself?

The Science of Positivity

- Reduced stress: Positive thinking has been found to reduce stress levels, which can have a range of benefits for your body.
- Improved mental health: Studies have found that positive thinking can help to reduce symptoms of depression and anxiety.
- Increased resilience: When faced with challenges, people with a positive outlook are better able to cope with stress and bounce back from adversity.
- Enhanced immune function: Positive thinking has been found to boost the immune system, making it more effective at fighting off infections and diseases.
- Better physical health: Positive thinking has been linked to a range of physical health benefits, including, better sleep, and reduced pain levels.

Did you know?

There is ample scientific evidence to suggest that having a positive outlook on life can bring about a range of health benefits.





Discussion

Task

1. What can make you feel any of these emotions?
2. If you had to pick three that you feel the most – Which would they be?
3. Which of these emotions could you feel because of something positive?

Dare to Care
// SPOKEN
WORD by
koko

PLAY VIDEO

3 Minutes

Task

What are some of the positive and inspirational messages from Dare to Care // SPOKEN WORD by koko?

“Can we push back against the darkness of competition and greed and the need to tread on others to get status and wealth? ”

“Live a life of kindness”

“What if we could be the generation to revive kindness? ”

Task

If you were given the opportunity to go back in time (Using the Dr Who's TARDIS) would you go?

If not, why not?

Share your ideas with the rest of the class.





Discussion topics



What makes you happy?

What are you good at?

What makes you feel insecure?

What makes you unhappy?

What makes you embarrassed?

Make up a discussion topic

Every problem could also be an opportunity



Task

As a class can you think of opportunities that could come from each of these problems? (Click to remove)

Didn't get into university

Lose your job

Split up with your partner

You need to visit the dentist

You have to move school

Your house is burgled

Lose your mobile phone

Fail an exam

Best friend moves to a different country

Have an accident and are in bed for a month

Parents get divorced

Somebody close to you dies

You can no longer get a lift to school anymore

Your parents stop giving you pocket money

You get an after school detention

You are getting bullied

You miss the bus home from school

You can't afford the latest designer clothes

What Do You Think?



"The news is full of hate, sadness, corruption and war I just don't see kindness around anymore"

Talking Points



I think that ...

I don't think... is right because...

My opinion is...

I would argue the same because...

I disagree with... because...

Building on what... said. I think...

An alternate way of looking at this is...

I sort of agree, however....

I would challenge what.. said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?










REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



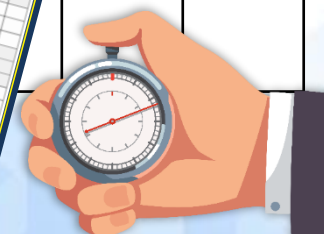
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HOMEWORK SUGGESTION

Homework Explained

Create a personal journal writing in it every time you have a negative thought or are in a bad situation. Then write next to it something positive that can come from what you have thought or experienced.

DUE DATE

It must be submitted by..

Hand / Google
Classroom





IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ <https://www.gottman.com/> - provide a research-based approach to relationships
- ☐ <https://www.childline.org.uk/> - support on all sorts of topics
- ☐ <https://www.youngminds.org.uk/young-person/coping-with-life/friends/> - a guide to friends for young people
- ☐ <https://www.healthline.com/health/benefits-of-friendship>
- ☐ <https://learning.nspcc.org.uk/child-protection-system/children-the-law> - Children and the law

RELATIONSHIPS
& SEX EDUCATION



SEEKING SUPPORT

REFLECTION PLENARY



A problem I overcame today was...

Before I only knew...
now I also know...

The key words for this lesson
were...

I'm really proud of the way I have...

Today I have tried to...

The most important thing I have
learnt today is...

I used to feel ... but I now feel ...

Before I would have done...
Now I will ...

Next lesson I would like to...

A question I would like to ask
is...

I would like to learn more
about...

I know if I need further support
or help I could speak to.... or
contact...

I now know I can supported
others by...

One thing I didn't realise was...
this will help me to...

2 Minutes





REFER TO MINDFULNESS POWERPOINT

