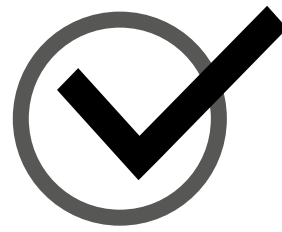


## Aspirations Activities Dreams - Hopes - Love

For this activity we are going to focus on these key skills for success:



### Staying Positive



We know sometimes things get tough and this can make us think negatively about something that has happened or is about to happen.



When we think negatively it can be really difficult to find positive thoughts.



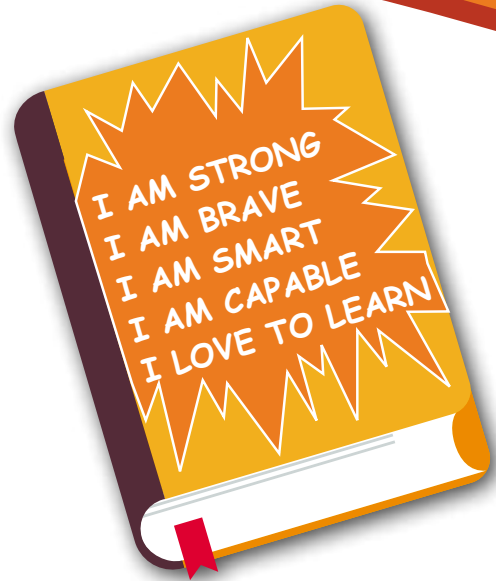
Thinking positive thoughts and trying to see the best in a situation is called having a positive attitude. It can help to make you a happier person.

# Staying Positive

Sometimes we forget to focus on positive things about ourselves.

We often focus on what we cannot do instead of what we can do.

It is time to tell yourself how super you are!



Select the journal idea you think is interesting and get writing your very own journal, all about how amazing you are!

- Write about something you are really good at.
- Write about 5 qualities you have that make you special.
- Write about a time when you did something you were afraid to try. How did you feel afterwards?
- Write about a person you think is amazing. What qualities do you have in common with this person?
- Write about a time when you helped another person. How did you feel?

Think Positive

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# Staying Positive

Can you write down five things you are positive for?

For example, I am positive and thankful for:

My health  
Spending time with my Family  
The roof over my head  
Food in my stomach  
The beautiful weather

You are:  
Super-duper  
Amazing  
Talented  
Let nothing stand  
in your  
way, ever!

I am feeling positive and thankful for:

1. \_\_\_\_\_

2. \_\_\_\_\_

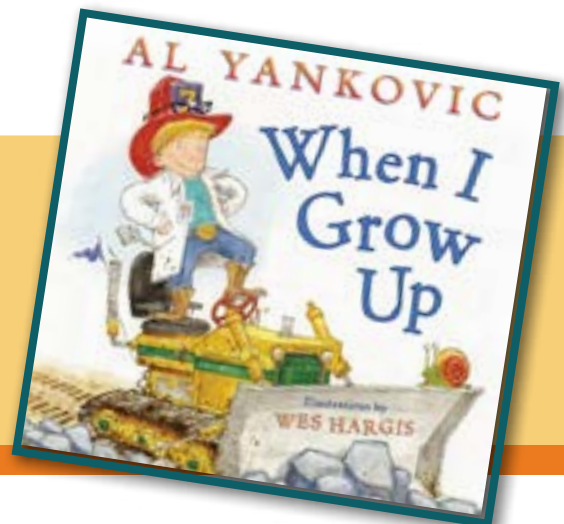
3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Listen to the story  
'When I grow up' by Al Yankovic

<https://youtu.be/IV9ERA-I7Y4>





# Dream Big

**We need your help! We'd like the world to be sprinkled with some love, hopes and dreams! Have a think about your hopes and dreams and bring them to life below.**

Complete this sentence and decorate it with lots of colour, designs and pictures.

**My Hopes and Dreams for the future are...**

# Parachute to Success

Write down your hopes and dreams...

Cut this out carefully then attach a photo of yourself at the bottom and hang it up proudly!

I dream to be

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I am amazing at

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I will achieve my goals by

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I am proud of myself for

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# Growth Mindset

As a final bit of fun and learning, we recommend you watch these great ClassDojo short Videos on Growth Mindset below:



Chapter 1: <https://youtu.be/2zrtHt3bBmQ>

Chapter 2: <https://youtu.be/EoWLgWCcpWo>

Chapter 3: <https://youtu.be/OFKVoCuwl2s>

Chapter 4: <https://youtu.be/HWr2gE5IIPc>

Chapter 5: <https://youtu.be/BXyN0XSTaMg>