Three good things - primary activity

This simple activity is supposed to give children (and staff) an easy tool to improve the way they feel about themselves and their situation.

1. Ask children to think about any positive things that have happened to them today (or yesterday if you’re doing the activity in the morning).

2. Explain that these things can be as small or simple as they like, e.g. it was sunny on the walk here, I was near the front of the lunch queue, my friend held the door open for me when I was carrying a lot of stuff. It can be anything at all that they think is positive, big or small.

3. Ask the children to write down/draw these things and think about why they made them feel good.

4. Ask the children to think about why these things happened, e.g. it was just luck, I’ve got a good friend. And ask them how that made them feel.

Try to take 5 mins to do this every day for a week

Things to consider:

- Some children might struggle to come up with positive moments. They might be dealing with a lot and might need some examples or help to get started. You could always suggest some ideas.

- The children don’t need to share their moments, as this might encourage a sense of competition. Instead you could ask if any children want to share how their positive moments made them feel, to encourage them to expand their emotional literacy.