



Nurture Newsletter



Week 11

Hello!

I hope you are all happy and well.

This morning I was sat working at home, missing my friends and the children at Crossdale and wishing things were back to normal...actually feeling a bit sorry for myself. I decided to put some music on to work to and cheer myself up. I started to think about all the good things in life... I am well, my lovely family are at home with me and my friends from school keep popping around with shopping, flowers and just to say "hello." I'm actually really lucky! I am now feeling much happier now, but it made me think how important it is that we are able to change our mind-set. Have a think how you can cheer yourselves up if you are feeling fed up. This week I have given you some ideas on positive thinking.

Take care. Love Mrs Neale



'If you have good thoughts they
will shine out of your face like
sunbeams and you will always
look lovely.'

- Roald Dahl
The Twits

Grownups: You may find some useful resources/info on sites below:
<https://biglifejournal.com/blogs/blog/children-positive-attitude>

Tip 1- Positivity.

Positive thinking is a mental attitude that perceives situations in a constructive way. ... When it is nurtured, **positive thinking** is a powerful coping tool and helps build resilience. Sometimes it is good to challenge your mood when you wake up in the morning and say to yourself “today is going to be a good day”. Think about all the positive things in your life...make a list of the things that are going well. Try not to dwell on the things that aren't going so well.

Keep a diary and record a positive thought at the end of each day for a week. It isn't possible, or normal, to be positive all the time but trying to change your mind-set sometimes is a good thing.

Positive Thinking

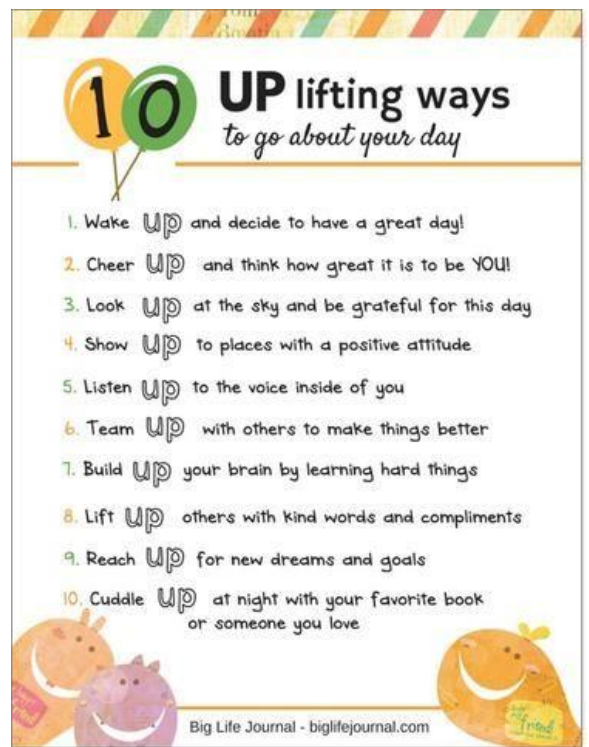
A Positive Thoughts Diary



For one week, record a positive thought at the end of each day.

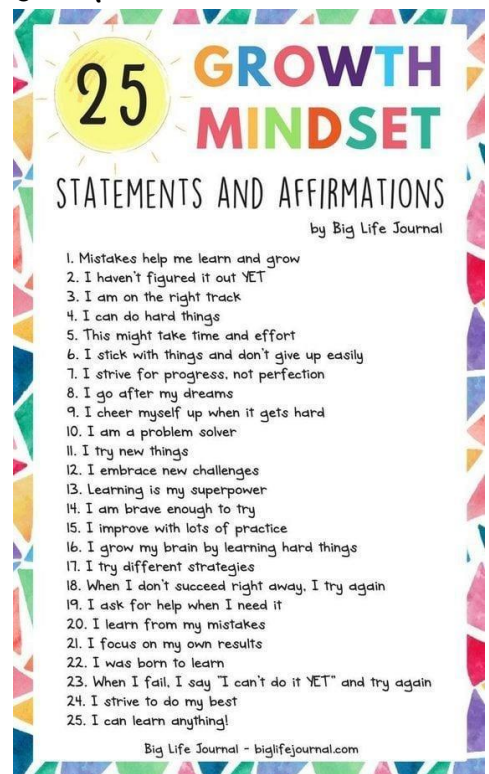
Think back and reflect on the day. There may have been things that weren't so great about the day, but try to always find something that went well. Only positive thoughts are allowed in this diary!

Monday	Tuesday
Wednesday	Thursday
Friday	Saturday
Sunday	



Tip 2. Remind yourself how brilliant you are.

I know most of you will hate this...but stand in front of the mirror and tell yourself how brilliant you are. Do this every morning repeating the same statements. “I am kind” I don't give up” etc.



BLUE

1

I BELONG.



PURPLE

2

I AM AWESOME!



8



I play great with others!

3

I can try hard things.



7

I am friendly.



4

I am clever!



RED

6

I AM BRAVE!



GREEN

I am curious.



I AM AWESOME FORTUNE TELLER

Final thought...



We're all in this
together ♥
@indieyogalife



(Sending Love + virtual T.P.)