

Activities

Positive self-talk

Think of your thoughts as being like flowers.



The ones that you feed and water will grow the best.

If you only feed and water the negative thoughts, those are the ones that will grow bigger.



But, if you feed and water the positive ones, you will have a head FULL of happy and wonderful thoughts, like a garden full of beautiful flowers!

Why not try drawing a flower (like Bronty is here), and on each petal write something good about yourself.



By remembering these positive things about yourself, you are watering the positive flowers and helping them to grow big and strong! Put your flower somewhere you can see it every day - perhaps by your bed or where you have breakfast!