

MY POSITIVITY BOOK



**No Cut Counseling Flipbook PLUS
Google Slides™ for Distance Learning**

Do you need this in a digital format?

It is also on Google Slides TM!



You can do this “live” with students – video chatting with them and screen sharing. Or, you can “assign” it to them to work on independently or with their parent. It includes some drag and drop as well as some typing into text boxes.

All feelings are important, okay, and normal. You are human! Our favorite feelings though are happy, excited, and grateful. We usually want to feel those MORE and uncomfortable feelings LESS.



Sometimes we might need to let ourselves feel sadness, worry, or anger. Other times, we might be able to *choose* positive feelings.

Draw a line connecting the positive feeling words to their definitions.

GRATITUDE

JOY

HOPE & OPTIMISM

Believing good things will happen in the future.

Thinking that what you have or what you are experiencing is good.

A feeling of great happiness.

CHOOSING POSITIVE

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PEOPLE & ACTIVITIES

2

SUPER STRENGTHS

3

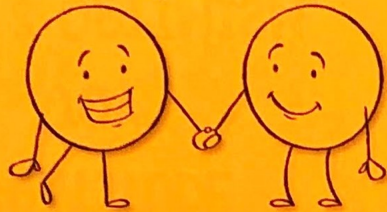
HOPES, GOALS, & POSITIVITY

4

GRATITUDE

5

Spending time with people we care about and that care about us can bring us happiness!



Write the names of three different people (or pets) in your life that bring you joy by finishing these sentences.

I feel really safe with...

I laugh when I'm with...

I notice I'm happy when I'm with...

Activities can also bring us lots of joy. Circle, color, or star at least three of the things below that you really enjoy doing.



PEOPLE & ACTIVITIES

2

SUPER STRENGTHS

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Everyone has things they are good at. These are called our **STRENGTHS**.



Noticing and using our strengths is a way to think and feel positively!

Mark all of the things below that you are good at.

- | | |
|--|---|
| <input type="checkbox"/> Math | <input type="checkbox"/> Being responsible |
| <input type="checkbox"/> Reading/language arts | <input type="checkbox"/> Showing respect to others |
| <input type="checkbox"/> Musical things (singing, dancing, or playing an instrument) | <input type="checkbox"/> Working hard |
| <input type="checkbox"/> Sports | <input type="checkbox"/> Taking care of your feelings |
| <input type="checkbox"/> Arts (drawing, painting, etc.) | <input type="checkbox"/> Being helpful |
| <input type="checkbox"/> Science | <input type="checkbox"/> Being brave |
| | <input type="checkbox"/> Other: _____ |



Even though you are still a kid, there are still things that you have

ACCOMPLISHED:

- TRICKY THINGS YOU'VE LEARNED
- HARD STUFF YOU'VE GONE THROUGH
- AWARDS OR COMPETITIONS YOU'VE WON



What are some of your accomplishments?

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SUPER STRENGTHS

3

HOPES, GOALS, & POSITIVITY

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GRATITUDE

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Looking forward and thinking about the future is a way to be positive. One way to do this is by setting GOALS.



What is one goal you have about SCHOOL?
(homework, grades, behavior, etc.)



What is one goal you have that is NOT about school?
(sports, family, friends, etc.)

Look even further into the future. Finish the sentence.
In 5 years, I hope...



Of course, POSITIVE THINKING is another way to be and feel positive!
Our thoughts are very powerful. They effect what we feel and do.
Read the negative thoughts below and turn them into more positive thoughts!

I can't handle
this.

My life is
terrible.

Everyone is always
out to get me.

HOPES, GOALS, & POSITIVITY

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GRATITUDE

5

Did you know that scientists have studied what happens when people are **GRATEFUL**? They did! And they found out that when we are **GRATEFUL**...



Being grateful sometimes means telling someone "thank you" for something they do or did for you. **Who would you like to give a thank you to?**



We are happier!



We worry less!



We are healthier!



We sleep better!



What would you say to them?



Being grateful also means feeling glad about the things you have and different parts of your life.

Think of and write one thing for each category that you are grateful for.

Something in Nature



A Piece of Technology



Something That Makes Me Laugh



A Memory I'm Grateful For



Something \$\$ Can't Buy



A Place I'm Grateful For



GRATITUDE

5

Have you ever heard someone talk about *savoring* something? It's usually about food, about eating slowly and really paying attention to and appreciating all of the textures and flavors in something you're eating.



**Think about a food you love.
Describe how it smells, feels,
and tastes.**

We can actually savor anything, even a regular day. It just means stopping to *really* notice little moments of good.

**What are some good, little things you noticed today?
What good things might you notice tomorrow?**

SAVORING MOMENTS

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Hey y'all! I'm Sara. I create resources for elementary students, counselors, and teachers that improve social emotional learning and school culture. My focus is making things that are *effective* and *engaging* for diverse learners and that utilize wording and scenarios accessible to ALL populations.



Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been an elementary school counselor since 2012, providing a comprehensive school counseling program to a diverse population.

Let's Connect:

