


# Growing a Positive Mind

Activities by Everyday  Speech

This spring activity encourages students to utilize the concept of "Thinking Positive" to GROW a positive mindset. We can teach students to utilize the power of positive self-talk to overcome negative thinking.

Positive self-talk means telling ourselves positive or happy messages, like "I can do this" or "I'll get it next time" to give us confidence to get through hard times. With practice, we can grow a positive mindset!



## INSTRUCTIONS:

1. Write down positive self-talk phrases in each of the petals
2. Color & cut each petal out
3. Glue the petals to the 'Think Positive' flower on page 2

