

Get Positive



This activity helps students reflect on their experiences, both positive and negative, to learn and grow from them. By focusing on the positives in life, students can cultivate a mindset that attracts more positive outcomes.



Learning Intentions

Reflect on Personal Experiences:

Students will learn to reflect on both positive and negative experiences from their past six months, identifying valuable lessons that contribute to personal growth.

Cultivate a Positive Mindset:

Students will develop the ability to focus on the positives in their lives, understanding that this mindset can attract more positive outcomes and enhance their overall well-being.

Set Positive Intentions for the Future:

Students will anticipate future events with a positive outlook, identifying what they are looking forward to and why, which will help them approach upcoming experiences with enthusiasm and optimism.



Success Criteria

Thoughtful Reflection on Frustrations:

Students successfully list their frustrations from the past week and thoughtfully answer questions about these experiences, demonstrating an ability to find positive learning opportunities in negative situations.

Identification of Positive Experiences:

Students reflect on the past six months and identify key positive experiences, explaining how these moments have impacted their lives and the lessons they have learned.

Positive Outlook for the Future:

Students look forward to upcoming events with excitement, clearly articulating what they are anticipating and why, showing an understanding of how focusing on positive expectations can shape their future experiences.



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Objective:

This activity helps students reflect on their experiences, both positive and negative, to learn and grow from them. By focusing on the positives in life, students can cultivate a mindset that attracts more positive outcomes.

Materials:

- Paper or notebooks
- Pens or pencils

Setup:

- Ensure each student has a quiet space to reflect and write.

Step 1: Reflect on the Past Week

1. List the Frustrations:

- Start by making a list of everything that has annoyed or frustrated you in the past 7 days. Think of moments that caused you to feel upset, angry, or frustrated.

2. Answer the Following Questions:

- Why did it frustrate you?
- Who was involved in the frustrating moment?
- How did you react to it?
- Was it the best way to react?
- How could you have reacted differently?
- What did you learn from this experience?

3. **Purpose:** By answering these questions, you're flipping the script and finding the positive learning opportunities in negative experiences. This mindset shift is crucial for personal growth.



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Step 2: Reflect on the Past 6 Months

1. Focus on the Positives:

- Take some time to think about the past 6 months. Reflect on experiences that have put a smile on your face.

2. Answer the Following Questions:

- What experiences have made you happy?
- Who did you share these experiences with?
- How have these people had a positive impact on your life?

(Consider character traits they helped develop in you, life lessons they taught you, or how they made you feel when spending time together.)

- What lessons did you learn from these experiences?
- How can you use these lessons to support your future self and those around you?

Step 3: Look Forward

1. Anticipate the Future:

- Now, look ahead and think about the next few months.

2. Answer the Following Questions:

- What are two things you are really looking forward to?
- Why are you excited about them?

Final Reflection:

Always remember, "You get more of what you focus on." By shining your spotlight on what's going well in your life, you create more space for positive experiences. This activity encourages you to embrace this outlook, helping you attract more of the good stuff life has to offer.

Note:

Please encourage students to revisit their reflections periodically to remind themselves of the positives in their lives and how they've grown from challenges.



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List the Frustrations:

- Start by making a list of everything that has annoyed or frustrated you in the past 7 days. Think of moments that caused you to feel upset, angry, or frustrated.

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Answer the Following Questions:

- Why did it frustrate you?
- Who was involved in the frustrating moment?
- How did you react to it?
- Was it the best way to react?
- How could you have reacted differently?
- What did you learn from this experience?

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Focus on the Positives:

- Take some time to think about the past 6 months. Reflect on experiences that have put a smile on your face.

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Answer the Following Questions:

- What experiences have made you happy?
- Who did you share these experiences with?
- How have these people had a positive impact on your life?

Consider character traits they helped develop in you, life lessons they taught you, or how they made you feel when spending time together.

- What lessons did you learn from these experiences?
- How can you use these lessons to support your future self and those around you?

A large, empty gray rectangular box for writing answers to the questions.

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Anticipate the Future:

- Now, look ahead and think about the next few months?

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Answer the Following Questions:

- What are two things you are really looking forward to?
- Why are you excited about them?

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