

# Finding My Sunshine

# WRITTEN

To help students reflect on their emotions during tough or sad times and identify strategies they can use to improve their mood and outlook on life.



## Learning Intentions

**I can recognise when I'm feeling sad or upset and take steps to improve my mood:**



This encourages students to become aware of their emotions and recognise when they need to take action to feel better.

**I can reflect on things that help me feel better when life feels tough:**

This helps students think about personal strategies and positive actions they can take to improve their mood.

**I can choose activities that will help me feel more positive and hopeful:**

This empowers students to take control of their emotions and choose activities that lift their spirits.



## Success Criteria

### Identifying My Feelings:

Students are able to recognise when they are feeling sad or upset and reflect on their current emotional state.

### Finding Ways to Feel Better:

Students can list things that help improve their mood, whether from past experiences or new ideas.

### Expressing My Thoughts Creatively:

Students can communicate their feelings through writing or drawing, planning for how to improve their mood.



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**Objective:** To help students reflect on their emotions during tough or sad times and identify strategies they can use to improve their mood and outlook on life.

**Players:** Perfect for small groups, classes, or individual reflection.

**Materials:**

- Paper
- Crayons, markers, or pens

**Setup:** Provide each student with a piece of paper and access to crayons, markers, or pens. Encourage them to think about how they are feeling today and how they might improve their mood when facing challenges.

**Activity:**

1. **Acknowledge Your Feelings:** Ask students to reflect on how they're feeling. Are they sad, frustrated, or upset? Encouraging self-awareness will help them recognise their emotions and why they're feeling that way.
2. **Identify Ways to Feel Better:** Have students think about things that have made them feel better in the past. It could be talking to a friend, taking a deep breath, listening to music, or spending time outdoors. Students can also brainstorm new activities they might try to lift their spirits. Have students share their ideas through a class discussion.
3. **Write or Draw About Your Sunshine:** Have students draw or write about their "sunshine", the things or activities that help them feel better when they're having a tough day or feeling a little blue. They can also include how these activities make them feel, whether it's more calm, happy, or hopeful.
4. **Create a Plan for a Better Day:** After identifying their sunshine, students can create a plan for the next time they're feeling down. What will they do first? Who can they talk to? What activity will help them feel better?
5. **Lets Share what we learnt:** Students can share their sunshine activities with each other. This fosters a supportive community where students learn new ideas for coping and can support one another. You could also create a "Sunshine Board" where students post their ideas for improving mood, creating a collection of strategies for tough days.

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## Reflection Prompt:

- How are you feeling right now? What's making you feel this way?
- What are three things you can do to feel better when you're feeling down?
- How can you use your sunshine to improve your mood today?

**Winning the Game:** There is no winner in this activity. The goal is to reflect on how emotions can change, recognise the things that help improve mood, and actively choose strategies for feeling better.

**Additional Notes:** Finding My Sunshine encourages self-awareness and emotional regulation, helping students understand that it's okay to feel down but also that they have the power to improve their mood. By reflecting on their personal sunshine, students develop coping strategies they can turn to in difficult moments, promoting resilience and emotional well-being.

