

Positive Power Words

WRITTEN

To encourage students to reflect on the power of positive language and how certain words can make them feel good, promoting a positive mindset.



Learning Intentions

I can identify positive words that make me feel good:

This encourages students to recognise the impact of language and how certain words can make them feel happy and empowered.

I can reflect on the power of positive language:

This helps students understand how words influence emotions and why positive language is important.

I can express why these words are special to me:

This encourages students to think deeply about how specific words connect to their personal experiences and feelings.



Success Criteria

Identifying Positive Words:

Students can identify five words that make them feel happy, reflecting on positive words and their emotional significance.

Explaining the Special Meaning of Words:

Students can explain why these words are special to them, articulating their personal connection to each word.

Writing About the Feelings Created by Words:

Students can write about the feelings these words create, helping them understand and communicate the emotional power behind positive language.



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Objective: To encourage students to reflect on the power of positive language and how certain words can make them feel good, promoting a positive mindset.

Players: Perfect for small groups, classrooms, or family settings.

Materials:

- Paper
- Crayons, markers, or pens

Setup: Provide each student with a piece of paper and access to crayons, markers, or pens. Encourage students to think of positive words that make them feel good.

Activity:

1. **Think of Positive Words:** Ask the students to think of five words that make them feel happy, confident, or good about themselves. These could be words like "kind," "brave," "strong," or "love."
2. **Write About the Words:** Have the students write the five words on their paper and explain why each word is special to them. Encourage them to reflect on a time when these words made them feel good or helped them through something.
3. **Share and Reflect:** Once students have finished, they can take turns sharing their words with the group. Discuss the power of positive language and how using these words can change the way we feel and interact with others.

Reflection Prompt:

- How do these words make you feel?
- Why do you think it's important to use positive words?
- Can you think of a time when a positive word helped you feel better?

Winning the Game: There is no winner in this activity. The goal is to recognise the power of positive words and how they can influence our thoughts and emotions.

Additional Notes: Positive Power Words helps students focus on the importance of using uplifting and empowering language. By reflecting on how specific words make them feel, students learn to appreciate the impact of positivity on their well-being. This activity promotes self-esteem, emotional awareness, and a positive mindset.

