

The Things I Love

WRITTEN

To encourage students to reflect on the things in their lives that bring them happiness, promoting a positive mindset and self-reflection.



Learning Intentions

I can identify things that make me smile:

This encourages students to reflect on the things in their lives that bring them happiness and joy.

I can express what makes me happy through writing and drawing:

This allows students to creatively express the things that bring them joy in both words and pictures.

I can reflect on how these things make me feel:

This helps students understand the emotional impact of things that make them smile and the importance of focusing on positive experiences.



Success Criteria

Identifying Three Things That Make Me Smile:

Students can identify three things that make them smile, ensuring they think about and recognise the positive things in their lives that bring them joy.

Explaining Why These Things Make Me Happy:

Students can explain why these things make them happy, reflecting on the emotional significance of the things that bring them joy.

Expressing Happiness Creatively:

Students can express their happiness through writing or drawing, helping them communicate their thoughts and feelings creatively.



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Objective: To encourage students to reflect on the things in their lives that bring them happiness, promoting a positive mindset and self-reflection.

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 about the things that make them smile and feel happy.

Activity:

1. **Think About What Makes You Smile:** Ask the students to think about three things in their lives that make them smile. These could be people, activities, places, or anything that brings them joy.
2. **Write or Draw About These Things:** Have the students write or draw about the three things that make them smile. They can explain why each one brings them happiness and how it makes them feel.
3. **Share and Reflect:** Once students have completed their activity, they can share their drawings and explanations with the group or the student they sit next to in class. Discuss how focusing on the things that make us smile helps us maintain a positive attitude.

Reflection Prompt:

- How do these things make you feel?
- Why is it important to think about the things that make us happy?
- Can you think of more things that make you smile?

Winning the Game: There is no winner in this activity. The goal is to reflect on and celebrate the things that bring joy, fostering a positive mindset and emotional awareness.

Additional Notes: The Things I Love helps students focus on the positive aspects of their lives, promoting gratitude and joy. By reflecting on the things that make them smile, students develop a greater sense of happiness and appreciation for the good things in their lives.

