Task 3 – Feeling Positive

It’s really important for our emotional well-being that we look at the good things in our life – even when it seems like there are so many things that are going wrong. Focusing on the positive helps us to feel happy and keeps us healthy.

On a piece of paper, draw around your hand. In each outline of a finger, write one thing that you are grateful for in your life. Colour and decorate your hand, cut it out and display in your window to spread some positivity. Maybe someone else in your household could do one too!