

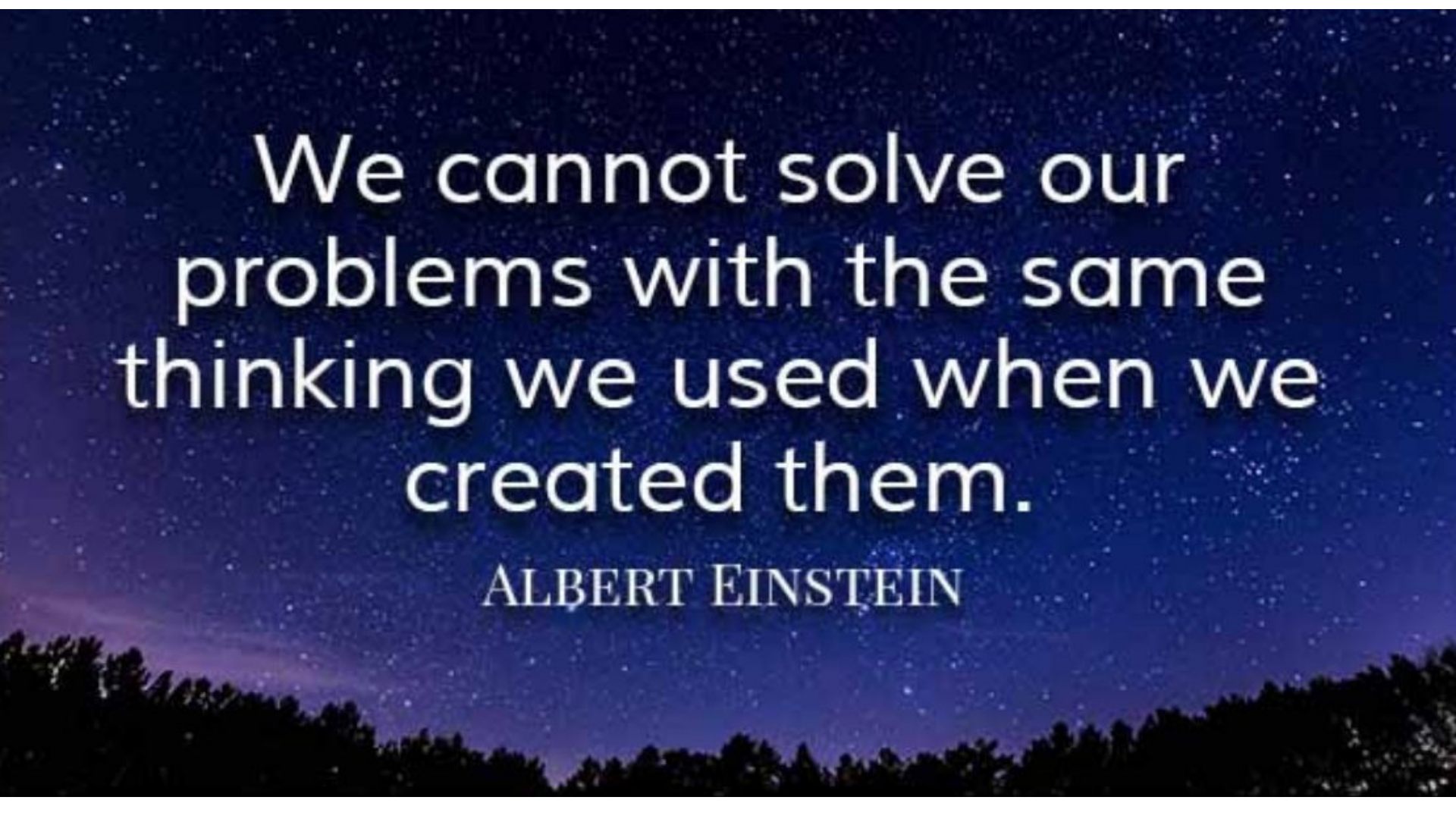


Session 5

RECAP

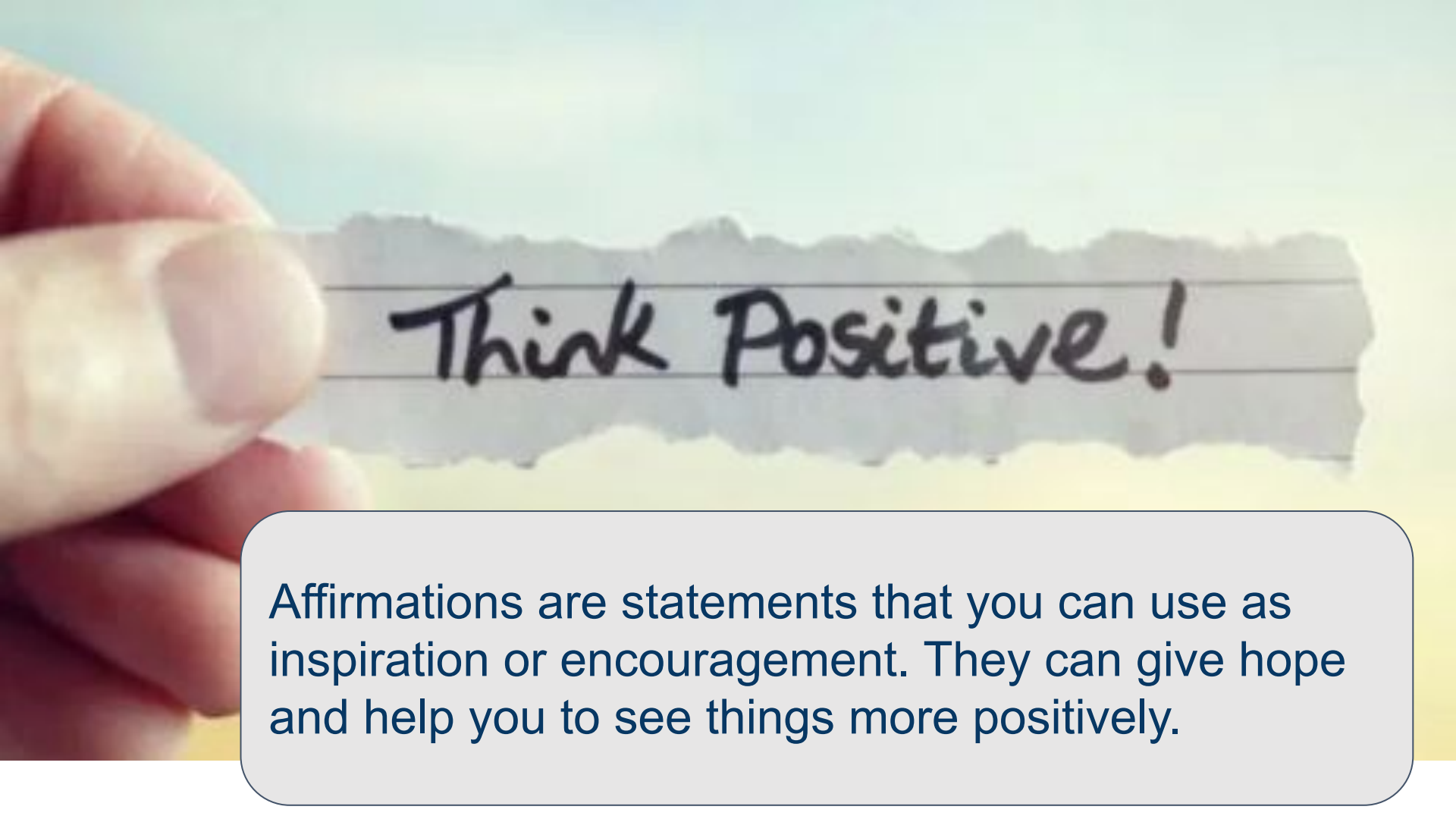
So far we have learnt...

- ★ Emotions are an essential part of what makes us human
- ★ We all have things that will challenge us
- ★ We need to recognise negative thoughts and find a way to overcome them

A night sky filled with stars, with a dark silhouette of trees at the bottom. The text is centered in white.

We cannot solve our
problems with the same
thinking we used when we
created them.

ALBERT EINSTEIN



Think Positive!

Affirmations are statements that you can use as inspiration or encouragement. They can give hope and help you to see things more positively.

HEALTHY SCHOOLS CHALLENGE:

Each person will need to find an affirmation which you think will be helpful for you. Not all affirmations are helpful or mean something, so decide what you think might be helpful and why. Bring a copy in for next week's session!

I AM IN
CHARGE
OF HOW I
FEEL AND
TODAY I AM
CHOOSING
HAPPINESS.

Music can be a really positive thing for encouraging people when life is a challenge.



What are your 'go to' feel good songs?

What do you listen to so you can relax?

Do you have songs which bring back happy memories?



I BELIEVE

DJ Khaled ft. Demi Lovato
Disney's 'A WRINKLE IN TIME'

HEALTHY SCHOOLS

CHALLENGE:

Your second form challenge is to find at least one song which makes you feel positive.

Share your song choices as a form and find time to listen to some of them together.

A motivational quote is centered on a vibrant pink background. The text is written in a white, hand-drawn, blocky font with a slight shadow effect. The quote is surrounded by several small, white, four-pointed stars of varying sizes, scattered across the pink area. The overall aesthetic is bright and energetic.

COMMIT
TO LIFTING
YOURSELF UP
EVERY TIME
YOU GET THE
URGE TO PUT
YOURSELF
DOWN.