



# Session 6

# RECAP

Last session, we were finding affirmations and songs to inspire us...

- ★ Which songs did you choose? Why?
- ★ Which affirmations did you find most encouraging? Why?
- ★ If we build positive thoughts into our lives we can help overcome the negative thinking.



**Encouragement  
and words of  
Kindness are  
Gifts you give  
That can be priceless  
Yet cost nothing.**

What does  
this quote  
mean?

How might it  
encourage us  
to behave?

# Encouragement from Disney...



Encourage

one another and build each other up.

You are  
AMAZING.

You are  
BRAVE.

You are  
STRONG.

Sometimes we all need a little encouragement.

On a piece of paper write down at least 3 things, words or people that encourage you.

If you were going to encourage someone else, what would you say? Remember to encourage yourself too!

# HEALTHY SCHOOLS CHALLENGE:



This week you have a choice - if you do both challenges, you will be able to get extra points.

The first challenge is to use one of the affirmations your form really liked to design a round badge. You need to draw your design.

Submit these with your healthy schools paperwork - the winning designs will be turned into badges as rewards for being part of Headstrong!

# HEALTHY SCHOOLS CHALLENGE:

The second option is to watch a Ted Talk on encouragement.

This one is called the 'Power of encouragement'.

It is on Youtube.





**I ENCOURAGE**



**What's your Super Power?**