



I know that some students are currently, and very understandably, feeling anxious about the situation we are in and being isolated from friends. Here are two simple activities aimed at promoting positivity, which you may like to try:



A POSITIVITY BOX

Sometimes it can be positive to have something small, tangible, and uplifting to help alleviate anxiety.

This box can be used as a resource, and its ongoing creation can be therapeutic for the young person.

Students can make their own box out of cardboard, decorate any small box, or use a box which they already have.

- Ask the young person what are some of the things, behaviours, people, or activities that help them feel good about themselves. These can include activities or people from family, friends or college.

- Encourage them to think about the emotions, feelings, words, images or even colours that these ideas evoke.
- Ask them to choose items which make them feel good (for example, small trinkets, souvenirs, notes, quotes, pictures, photos) to store in these boxes. They can also include positive quotes which others have said about them.
- These boxes can then be used by students at any time to promote positive feelings and emotions.

It is important for students to still feel connected people from college, even though they must be socially distanced at the moment. If students would like some positive quotes about themselves from college, let me know: ekenshole@ellentinkham.devon.sch.uk

THE POSITIVITY CHALLENGE

For a week, (or longer!), students to record one positive thing that has happened each day.

