

## Success of the day — Positivity

### EXPLANATION:

Positive self-talk encourages and promotes a healthy thought process contributing to optimistic mindsets. Taking time to acknowledge success and personal accomplishments is important. This activity encourages students to identify the unique strengths and skills they possess and share with their classroom friends reflecting positive thinking.



**YEAR LEVELS:** Years 4–6

**STUDENT GROUPING:** Whole group discussion

**ACTIVITY LENGTH:** Discussion during group time each day of the week

### LINK TO CURRICULUM:

**Personal and Social Capability learning continuum**

#### *Self-awareness element*

Recognise emotions:

- explain how the appropriateness of emotional responses influences behaviour

Recognise personal qualities and achievements:

- describe the influence that personal qualities and strengths have on their learning outcomes

#### *Social awareness element*

Understand relationships:

- identify the differences between positive and negative relationships and ways of managing these

## SCOPE OF TASK:

Achievement is more than high academic marks or winning and it is important to see that success and achievement can look like many different things for different students. Studies have shown that feeling a sense of accomplishment is an important element in students developing positive wellbeing over time. Some facts about positivity:

- People with a positive attitude are lively, energetic and healthy
- Positive thinking renders a positive effect on health as well as improving overall wellbeing
- Improves emotional balance, focus and confidence
- Increases coping skills lowering levels of stress
- Supports relationships with family and friends
- Increases resiliency

1. Discuss with students the meaning of positivity:

- What does it mean to be positive and have positive thoughts?
- Does being positive mean, you never have negative thoughts?
- Why should you celebrate positive things, events, and achievements?
- Can think of anything that you are proud of – any achievements or successes? Remind students to think about the big obvious things but also the everyday small successes that they have.

2. Tell the students that the activity is about positively celebrating their achievements.

3. Inform students that for the whole week they will be celebrating successes and being positive about the big and small things that they have achieved. Ask students what a success or achievement might look like. Some examples might include:

- Learning something new
- Mastering a skill
- Helping someone
- An act of kindness
- Completing a task
- Finishing reading a book
- Playing a game well
- Achieving at a sport

Remind students that the focus is on personal accomplishments. This does not mean being the best at something but doing a personal best and feeling successful.

4. Tell the students about what they will do every day:

- Every school morning students come into the classroom
- Spend some time reflecting on the previous day and what they would consider a personal success and achievement

- Write their accomplishment on the slip of paper (template below or students can make their own)
- During the morning group time students sit in a circle and share their success – other students have an opportunity to congratulate their friends and ask questions about their accomplishment
- Students save their slips of paper exhibiting them on their desk or a classroom wall display can be created to celebrate everyone’s successes

5. At the end of the week reflect with the students about how positive they have felt all week.

Some reflection points might include:

- How does positive feel?
- Is it OK to celebrate your achievements?
- Why is it important to celebrate success?
- How did you feel about other students success?

Remind students to:

- Set realistic and honest goals
- Take risks
- Personalise their accomplishments
- Be aware that setbacks will occur, and this is OK!

## RESOURCES:

- Optional template attached below



MY SUCCESS OF THE  
DAY WAS..



MY SUCCESS OF THE  
DAY WAS..



MY SUCCESS OF THE  
DAY WAS..



MY SUCCESS OF THE  
DAY WAS..

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