

Positive Diary

Things you will need:

- Notebook and Pen

or

- A 'Positive File' on your computer



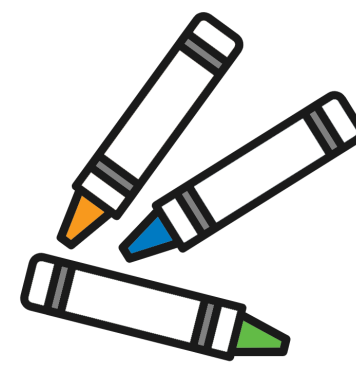
How to make a positive diary...

- Use a special note book or start a 'positive file' on the computer.
- Think of 3 positives that have happened during the day. These can be small or big - making a friend laugh, watching your favourite TV show or doing something you felt proud of.

1 2 3

- You could write it down / draw it.

- Think about how it made you feel.



Doing this regularly they will build a habit of recognising strengths and feeling positive.