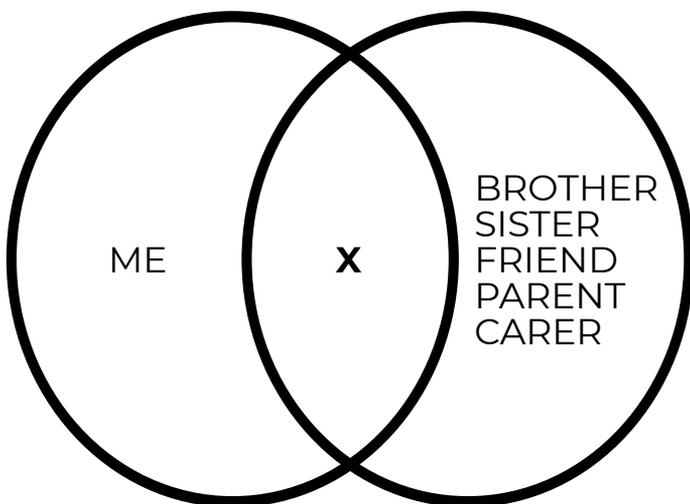


MINDUP™

IT'S ALL ABOUT ATTITUDE

My Friend and Me

Draw out the diagram below on a piece of paper. Think about all the things you like, all the things your friend (or you might choose someone else) likes, and then all the things you both like together. These things might include sports, activities, food, books, music, TV programmes, films, games etc. Inside your own circle write or draw all the things that only you like. In your friend's (or other person's) circle write or draw all the things they like that you don't. In the middle section (where the X is) write or draw all the things you both like.



Jokes Challenge

Write down as many jokes that you know on a piece of paper or in a notebook. Go and tell someone your jokes. If there's no one that you want to share these with, you can tell your pet or just say them out loud to yourself. It's a great feeling when you and others around you are laughing!

Turn Your Frown Upside Down

Draw a circle on a piece of paper and a face with a downturned smile to make a frown.

Now turn the piece of paper upside down. What happens to the frown? Keeping the paper upside down, write down or draw all the things you can do to help turn your frown into a smile! It's a good idea to keep this list so when you are next feeling a little sad, you could choose something from your Turn Your Frown Upside Down List to help yourself feel better and smile.

A Rainy Day

Write the title 'A Rainy Day' at the top of a piece of paper. Describe and draw three imaginative activities you can do to turn a dreary raining day into an entertaining rainy day.

Next time it's a bit of a dreary rainy day, you could choose to think about doing some of these entertaining activities.

Top 10 Challenge!

Here's a challenge – see how many of these 'Top 10' lists you can make.

A 'Top 10' list of:

- things, events or people that you feel grateful for.
- things that make you happy.
- ways that your brain helps you do different things.
- ways to calm down.
- ways to be a good friend.
- ways to focus and concentrate.

You could also think of your own 'Top 10' lists.

