



MINDUP™ POSITIVELY BUSY



Optimism is having a positive outlook and making the best of different experiences, whether they are good or bad. The more optimistic we are, the better our physical and mental health. We can change our thinking habits to have a more optimistic outlook. Try this activity to practise your optimistic thinking.

You can use the grid below or draw your own on a piece of paper. Draw a picture of yourself in the middle of the grid. During this time when we're having to stay at home, think about all the positive things you're doing. For example, helping prepare meals or tidying your room. Draw a picture of these different things in the boxes around the edge of the grid. Can you fill all 12 boxes? If you can't think of 12 things, that's ok, you can add to the grid every time you do a new positive thing during this time at home. Look at the pictures you have drawn and think about how you feel knowing that you're doing all these positive things and making the most of this time at home.

1.	2.	3.	4.
12.			5.
11.			6.
10.	9.	8.	7.



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Now, on a separate piece of paper, or on the grid below, draw 6 things you are excited about being able to do again when this time at home is over. Notice how you feel when you think about all these things you're looking forward to doing again.

1.	2.	3.
4.	5.	6.

