

MINDUP™

YOU CAN DO IT!



Thinking positively is something our brains can learn to do. By repeatedly having positive experiences and thinking positive thoughts, our brains learn to be optimistic. When we are feeling optimistic, we are positive about being able to achieve things, even if we find these things difficult to begin with.

Use your hippocampus to think of a time you learned a new skill, for example learning to tie your shoes or ride a bike. Think about how you learned this new skill. Did it take a lot of effort and practise? Did it get easier the more you practised? What were you thinking and how were you feeling when you were learning the new skill? Now imagine your friend is learning that same skill, but they're struggling to do it. In the speech bubbles below, or you can draw your own, write down what you could say to encourage your friend to keep practising so they can learn the new skill. The next time you learn a new skill, you can read your own speech bubbles to help you keep going and stay optimistic if it gets a bit tough.

