

OPTIMISM WHEEL

Optimism is having a hopeful outlook, which is good for our physical and mental health. We can change the way we think to have a more optimistic outlook. Make an optimism wheel with your class or at home to practise optimistic thinking.

You will need: wire, clothes pegs, permanent markers.

Instructions:

1. Bend the wire into a circle that is about the size of a football.
2. Attach a smaller loop of wire to the large circle so you can hang up your wheel.

Use the crafting of the wheel to practise optimism:

1. In school, get the children to each write down something they are looking forward to on a clothes peg. You could invite the children to share what they have written with the group if they would like. Then let the children clip their optimism peg to the wheel and watch it grow!
2. At home, as a household, each write down something you are looking forward to on a clothes peg. You could share what you have written with the group if you would like. Then clip the optimism peg to the wheel and watch it grow! You could add one peg each every day or week and watch it grow over time.

