

Pharrell Williams

'Happy'



Official Video

<http://www.youtube.com/watch?v=y6Sxv-sUYtM>



https://www.youtube.com/watch?v=cyVzjoj96vs&feature=youtu_gdata_player

In January we will be exploring the value of

POSITIVITY



Every single day you
make a choice.

-22-



POSITIVITY

**'Looking on
the bright
side'**

**Expecting
something good
to happen**

**Focussing on
how you can
achieve a good
outcome**





POSITIVITY

You have a choice...
to see the positive side of
things and take action
for a good outcome...

or not to expect
or hope for a
good outcome.

But the good news is that **YOU** can change your
attitude and outlook!

LOOK FOR the positives that could happen.

You can LEARN from any situation!

*Think for yourself!
What would you like to happen.
How would you like to feel?*



*It's really easy to be dragged down by
negative people around you.
Be the one who shines – and wins!*



<http://www.youtube.com/watch?v=2APYZoezsjM>
<http://www.youtube.com/watch?v=2APYZoezsjM>

Visualisation to achieve the best outcome..

Sit comfortably, close your eyes and think of a time you did something really well ...

How did you feel at the time - what did you think, see and hear?

Who were you with and how did they react?

Now think about something you find challenging, perhaps feeling successful in a test.

Or perhaps getting along with people at playtimes.

Imagine it going really well and play a movie of this in your mind.

In the test you would know all the answers and write them down effortlessly, smiling and celebrating your best score ever.

In the playground, you would be laughing and playing games, surrounded with people who wanted to be your friend.

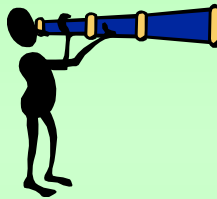
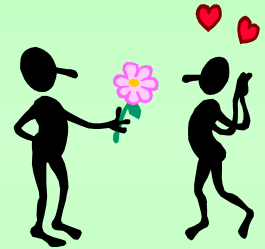
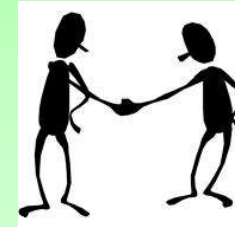
When it comes to tricky situations,

you can replay the images

which may help you achieve the best outcome.

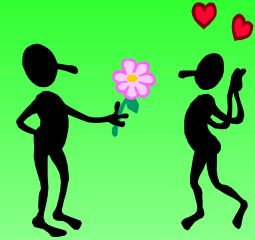
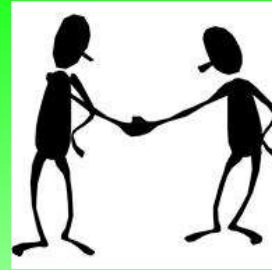


A quiet moment of prayer or reflection...

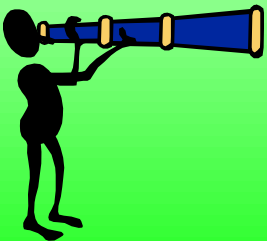


POSITIVITY





As we reflect, think about how **POSITIVITY** makes the world a better place to be.



A prayer for all of us

*Here in our school
Let us be peaceful at all times.
Let our rooms be full of happiness
and respect for each other.
Let love be in our hearts
With kindness and compassion for all.
Let us remember
In learning together,
We grow together
And succeed together.*



*Over the next month,
recognise times when
you have chosen to be
positive...*



*Over the next month,
see if you can make
better things happen
by choosing to be
positive rather than
negative...*





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