



Positivity Calendar: June 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CONFIDENCE	1 Draw yourself as a superhero	2 Share a happy memory of an achievement with a friend	3 Ask a friend what they think makes you a positive person	4 Write down 3 ways you could make a difference to the world	5 List 3 people you think are confident and why	6 Write a note to your future self and tell them how amazing they are	7 Remember to smile if you look in the mirror
COMMUNICATION	8 Make a plan to do something nice with your family tonight	9 Say something positive to everyone you meet today	10 Step outside and listen. What communication in nature can you hear?	11 Spread kindness by reminding someone of their strengths	12 Learn to say thank you in 4 different languages	13 Read a poem out loud	14 Take 5 minutes to be silent
RESILIENCE	15 List 3 things you want to do this week which will make you feel happy	16 Dance to as many songs as you can until you're tired	17 Stretch your arms and legs as far as possible	18 Take 5 deep breaths	19 Remember a time you overcame a challenge in a positive way	20 Think of 3 people who you could talk to if you were finding something difficult	21 Be thankful for the small things in life
SELF AWARENESS	22 Use one of your strengths to do something positive today	23 Discover your creative side - draw a thank you card for someone	24 Write down 3 things you are grateful for	25 Ask somebody what they think your greatest strength is	26 Find a positive response to something you are worried about	27 Note down 3 things you are feeling right now	28 Think about a quick positive action you can take everyday. Write this down
	29 Send a positive letter or message to a friend or family member	30 List all the positive things that have happened this month	<p>"Try these activities at home with a young person and watch their strengths grow!"</p>				

