

# Positive Thinking

twinkl

# Think a Happy Thought



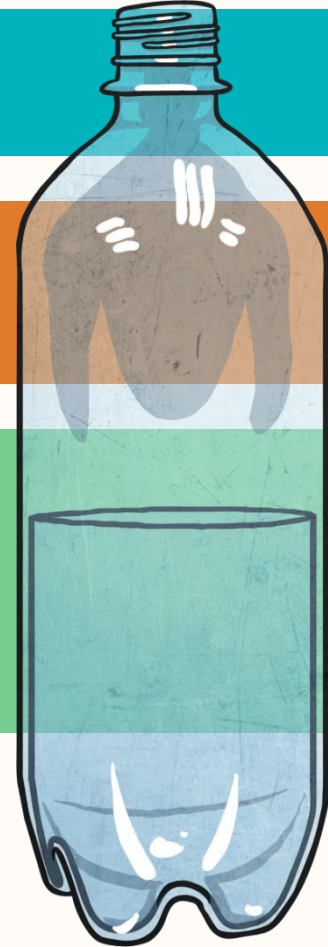
Sit very quietly.  
Try to clear your mind.  
If it helps, you can close your eyes.  
Now, think of a happy thought...  
This could be something you are looking forward to or a happy occasion that you were part of. It might be a thought about a particular person or place that makes you feel happy.

# What Is Positive Thinking?

Is the bottle half-full or half-empty?

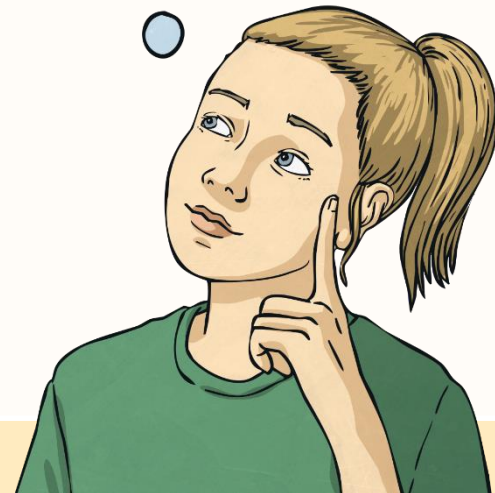
People say that someone with a positive attitude will see the bottle as half-full.

They look at the positive (noticing that there is still some drink left), rather than the negative (noticing that some drink has gone).



# A Positive Attitude

Thinking positive thoughts and trying to see the best in a situation is called having a positive attitude. It can help to make you a happier person and plays an important part in improving your mental health.



# A Positive Attitude

Someone who usually has a positive attitude is an **optimist**. They look on the bright side, look for the positives and approach problems as challenges to be overcome.



A person who tends to focus on the negatives and see problems in things is a **pessimist**.

It would be difficult to be an optimist all the time, but **optimistic** people are often happier, which can help them in their every day lives and make them enjoyable people to be around.

# Positive Thoughts

Read these quotes below – you may want to copy one and put it up in your room to remind you.

“Every day may not be good,  
but there is good in every  
day.” - Alice Morse Earle

“A positive attitude  
will lead to  
positive outcomes.”

“Every cloud has a silver  
lining.” - John Milton

“Having a positive attitude is asking  
how something can be done rather than  
saying it can't be done.” - Bo Bennett

“We can complain because rose bushes  
have thorns, or rejoice because thorn  
bushes have roses.” - Abraham Lincoln

“A bad attitude is like a flat  
tyre; you can't go anywhere  
until you change it.”

“Attitude is a little thing that can make a big difference.” - Winston Churchill