

TIPS

BELIEVE RATIONALE

Believe in yourself and in having dreams a new way forward will come

The believe section is about teaching children and young people to be optimistic and to take an optimistic rather than pessimistic stance in relation to uncertainty and change



- Role model positivity
- Try to encourage independence in overcoming issues-don't rush to do it for them, sometimes allow time for children to resolve an issue themselves whilst reassuring them
- Re-frame failure as opportunity
- Encourage children to give themselves aims
- Challenge negative thinking patterns
- Nurture self-belief
- Use thinking activities to help to encourage green positive thoughts over red negative thoughts
- Teach children about creating 'a happy day' consider working with children to make a 'mixture' for a happy day ; what ingredients will they need ? what will their method be?
- Engage in the concept of 'the very best of me' – talk to the children about being in control of their most positive self. How can they help themselves to feel happy and optimistic? Model this with the children where possible.

FURTHER WORK

Work with children to re-frame negative thoughts, help them to change negative approaches into positive thinking. Monitor children who resist positivity and/or display consistent negativity