

FAMILY POSITIVITY AND GRATITUDE ACTIVITY PACK



Contents

	<u>PAGE</u>
Me and My Family.....	3
My Unique Family.....	4
How I Help My Family	5
How My Family Helps Me.....	6
Showing Love.....	7
Giving Compliments.....	8
Word Search.....	9
Making Affirmations.....	10

ME AND MY FAMILY

Draw a portrait of yourself

My name is

I am..... years old

The colour of my eyes are.....

The colour of my hair is.....

One unique thing about me is.....

.....

.....

Three things I love about myself.....

.....

.....

.....

Draw a picture of you and your family

MY UNIQUE FAMILY

All families are different and unique.

Write about how your family is different and unique.

Three unique things about my family.....

1

.....

.....

.....

.....

.....

2

.....

.....

.....

.....

.....

3

.....

.....

.....

.....

.....

Three things I love about my family.....

1

.....

.....

.....

.....

.....

2

.....

.....

.....

.....

.....

3

.....

.....

.....

.....

.....

HOW I HELP MY FAMILY

Think about some chores you can do to help your family at home and fill out the chart below. As it is kind to be helpful!



DAY OF THE WEEK	MY CHORES
MONDAY 	
TUESDAY 	
WEDNESDAY 	
THURSDAY 	
FRIDAY 	
SATURDAY 	
SUNDAY 	

HOW MY FAMILY HELPS ME

Members of a happy and healthy family work hard to help and support each other.

Write/draw a profile of two of your family members and explain what they do to help you.

Name.....

Name.....

This person helps me by.....

This person helps me by.....

.....

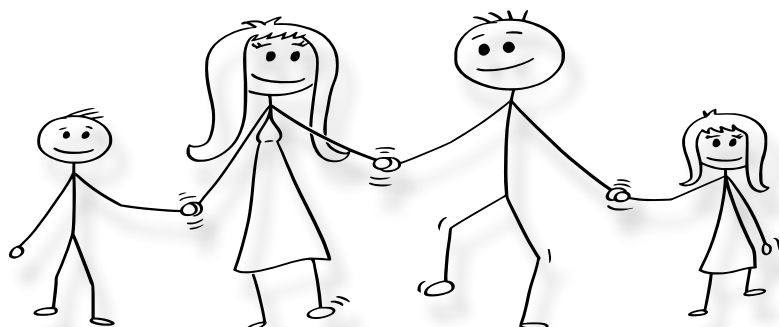
.....

.....

.....

.....

.....



SHOWING LOVE

Can you name some people, objects or animals that are close to your heart.

Place your ideas here.



GIVING COMPLIMENTS

Use the slips below to give compliments to members of your family.
For example, you might want to tell a parent or carer how great their cooking is.



.....

TO.....FROM.....

.....

.....

.....

TO.....FROM.....

.....

.....

.....

TO.....FROM.....

.....

.....

.....

TO.....FROM.....

.....

.....

POSITIVITY AND GRATITUDE WORD SEARCH

Find the keywords in the word search below.

Family Happiness Loyalty Fun Smile Trust
Thankful Kind Caring Adventures Respect

D	L	Z	I	U	U	K	W	C	C	Y	T	D	T	Z
Y	I	Z	J	D	F	C	R	J	J	K	H	T	L	I
A	S	K	G	G	E	R	T	D	R	X	A	Y	C	L
V	U	C	H	H	R	S	U	V	F	X	N	V	B	L
A	D	V	E	N	T	U	R	E	S	R	K	O	H	W
H	Y	P	V	Y	H	O	L	H	E	K	F	B	F	Q
J	A	D	A	H	L	I	N	S	T	R	U	S	T	T
M	L	P	T	I	M	I	P	E	D	G	L	K	D	P
W	U	R	P	S	C	E	M	D	T	N	T	L	S	P
O	C	T	N	I	C	Z	K	A	H	I	F	V	L	H
E	T	N	Y	T	N	K	V	H	F	R	U	J	B	U
R	W	Z	Z	M	L	E	I	N	S	A	N	O	W	M
Y	T	L	A	Y	O	L	S	N	K	C	Y	K	C	F
Z	F	X	E	Y	A	X	H	S	D	M	X	U	I	W
P	L	E	Y	U	B	J	T	Q	W	T	C	Z	T	S

MAKING AFFIRMATIONS

What is an affirmation?

An affirmation is a positive statement you make about yourself out loud.

Create your own affirmations by following the next steps...

Start with
I or You

Then
choose
am or are

Include one or
more of the
following words
in your sentence

You can write you affirmations here.

For example, I am so lucky to have my sister.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

kind
happy
grateful
lucky
powerful
strong
fearless
amazing
creative
brave
helpful
creative
determined
loved
resilient
mindful
healthy
caring
thoughtful
fantastic
generous
blessed

These are just
examples of words you
can use, you may want
to choose your own.



@1decisionltd



@1decision_pshe



@1decisionltd