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**The Power of Positivity for children**

**By Tom Taylor**

For children, learning to develop a positive mindset can mean that many aspects of life is much easier. There are many challenges that children face growing up, including anxiety and confusion about daily life. Having a strong and resilient positive mindset can help children to combat these things.

Whilst many of us think that positivity is something that comes naturally, it often isn’t the case. For children to process their emotions and develop emotional maturity, they often need to be guided on the road to positivity. This can be done with help from adults or by doing activities to help them maintain a positive outlook.

With a positive mindset, children can have more confidence and a better chance to develop their intelligence. Positive thinking is when the state of mind can look at things constructively and grow from a negative event. Children understand positive thinking better as they get older. Negative thoughts aren’t bad but they need to be handled in the right way and they must be acknowledged and talked about with a trusted adult.

To help overcome dwelling on negative thoughts here are some positive mindset tips.

**Ways to develop positive mindsets**

* Do meditation and send positive thoughts into the world, such as messages of hope and health for themselves and others.
* Help others by doing activities such as assisting the elderly, volunteering, and getting involved with the wider community. Helping others can promote a better sense of perspective to instil positivity.
* Keep a journal of moments that inspire you and make you think about the bigger picture of the world. This can be great for positive reflection and to give better perspective.
* Set goals and ask an adult to help you find strategies to achieve them. Having a goal and encountering blocks and challenges is great for problem solving and finding solutions.
* Share positive moments with others and enjoy celebrating your successes.
* Practice positive affirmations on a daily basis. When we feel safe to express positive thoughts, it helps them come to the surface more. While acknowledging negative thoughts is important, it is equally important to feel comfortable saying what feels good, what you like, and complimenting yourself and others.

**Positive quotes for kids**

Another great way to encourage positivity is to have some positive quotes. These can be a good source of inspiration. Trying hanging some of these positive quotes around the walls of your house for visual reminders of positivity on a daily basis.

* Do the right thing even when no one is looking.
* You’re braver than you believe, stronger than you seem, and smarter than you think.
* Be the reason someone smiles today.
* Believe you can and you’re halfway there.
* Mistakes are proof that you’re trying!
* Shoot for the moon and if you miss, you’ll land amongst the stars.
* If you see someone without a smile, give them one of yours.
* Dreams don’t work unless you do.
* Start each day with a grateful heart.

**Conclusion**

Children need guidance to develop a positive mindset. It is important to look at good examples of seeing things in a positive way. Encouraging positive affirmations and finding active ways to focus on the good things around you is important for you to be able to go into the world with a positive outlook. The more you share your positive energy, the better the world will be!

**Questions**

1. What does the author believe a positive mindset can help children to combat?
2. Positivity is something that we all do naturally. True or false? Find evidence from the text to support your answer.
3. Find and copy two things children can do with a positive mindset:
4. The author states that *‘Positive thinking is when the state of mind can look at things constructively.’* What do you think that means?
5. To have a positive mindset, you must ignore anything negative. True or false? How do you know?
6. The author has provided a list of things we can try to help develop a positive mind set. Pick your favourite 3 strategies and explain why you think these would help you.
7. Why does the author think keeping a journal is a good way to develop positive thinking?
8. The text says we should try to ‘*share positive moments with others and enjoy celebrating your successes’.* Tell me about something you have achieved or accomplished recently and how it made you feel.
9. Laura doesn’t feel comfortable giving or receiving compliments about herself and her abilities. What advice could you give her? Use evidence from the text to help support your answer.
10. The author concludes by saying ‘*The more you share your positive energy, the better the world will be!’* Do you agree or disagree with this statement? Provide reasons for your opinions.