

# Good Vibes



# For Kids!

Positive Thinking Course

## DETAILED PROGRAM

For Parents & Teachers

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## Course Outline

### Week 1:

- Lesson 1 - Appreciation
- Lesson 2 - Positive Affirmations/Positive thinking

### Week 2:

- Lesson 1 - Emotions—what makes you feel the way you do?
- Lesson 2 - Steps to Boosting your Self Esteem!

### Week 3:

- Lesson 1 - Conflict Resolution & Talking to Someone you Trust
- Lesson 2 - Feeling in Control

### Week 4:

- Lesson 1 - Media Influence
- Lesson 2 - Healthy Habits (eating, daily lifestyle)

### Week 5:

- Lesson 1 - Liking your own company
- Lesson 2 - Who are your friends? - Positive Friendships

### Week 6:

- Lesson 1 - Cooperation
- Lesson 2 - Encouraging Others—What it takes to be a young "Leader"

### Week 7:

- Lesson 1 - Goal Setting
- Lesson 2 - The Secret to your success

### Week 8:

Assessment Tasks

# Lesson 1

## Appreciation

### INTRODUCTORY: (10 min)

#### **What is the meaning of appreciation/gratitude?**

Being thankful for something and showing positive feelings towards it.

#### **What sort of world would we be living in if everyone showed appreciation?**

The world would be a much brighter and happier place to live in.

#### **What are some of the things we can show appreciation for?**

Possible Answers:

- Parents
- Shelter
- Food
- Transport
- Warmth in the Cold
- Coolness in the Heat
- Schooling
- A Bright Future
- Teachers...etc.

#### **Why should we show appreciation/gratitude?**

- So we can teach others to show appreciation
- So we can feel happier and more positive within ourselves
- When we show gratitude in smaller things in life, it is easier to show gratitude for larger things.
- It helps us live a happier life!
- It helps us show a greater appreciation for all the blessings which may come our way.
- The people we show appreciation to feel warmth, happiness and kindness within.
- More good things will come your way if you continue to show appreciation /gratitude – pass those good feelings to the people around you and it is infectious!

### MIDDLE: (40 min)

- Go through the following activity sheet.
- Tell them to write down their TOP 10 list of things they appreciate. (20 min)
- 1 being the biggest to 10 being the smallest.
- When Complete – Get children to write a letter of appreciation to your parents (read it to parents for H.W.) (20 min)

### END: (5 min)

- Get them to read out 1 of the things they appreciate and comment on each

# My TOP 10 APPRECIATION LIST

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

6. \_\_\_\_\_

\_\_\_\_\_

7. \_\_\_\_\_

\_\_\_\_\_

8. \_\_\_\_\_

\_\_\_\_\_

9. \_\_\_\_\_

\_\_\_\_\_

10. \_\_\_\_\_



"Thank You!!"



