



Positive Mind Positive Life

Goal: Students will understand the importance of health and wellness in leading a productive and happy life.

Lesson Duration (60 mins)

Intro (10 mins)

Breathing Exercise (2 mins)

(Students are encouraged to reflect on the past lessons as they breath.)

Wellness ball activity

Discussion prompts

"Ask students what they noticed?"

"What were the thoughts that were coming to mind?"

"Negative or Positive thoughts?"

Group Discussion (20 mins)

"Why are we discussing this why is it important to be aware of the thoughts you are saying to yourself or others?" Facilitate discussion

What are Affirmations?-

- Give definition of Affirmation - "Words that you think or say, and believe to be true. They are powerful and can change our moods behaviors and help us to reach our goals."

Group Activity

- Students will pick out of a hat a negative comment and say it aloud to the class and will take three positive affirmations from the class.
- Be clear on affirmation guidelines: affirmations are based in truth (if you are not good at math your affirmation cannot be "I am good at math" the appropriate affirmation could be "I am improving my skills in math").
- Write on board the new positive affirmations.



Negative Comments to be changes into POSITIVE Affirmations

"I feel like I'm up against the world."
"I'm no good."
"Why can't I ever succeed?"
"No one understands me."
"I've let people down."
"I don't think I can go on."
"I wish I were a better person."
"I'm so weak."
"My life's not going the way I want it to."
"I'm so disappointed in myself."
"Nothing feels good anymore."
"I can't stand this anymore."
"I can't get started."
"What's wrong with me?"
"I wish I were somewhere else."
"I can't get things together."
"I hate myself."
"I'm worthless."
"Wish I could just disappear."
"What's the matter with me?"
"I'm a loser."
"My life is a mess."
"I'm a failure."
"I'll never make it."
"I feel so helpless."
"Something has to change."
"There must be something wrong with me."
"My future is bleak."
"It's just not worth it."
"I can't finish anything."