

Materials	Paper, markers
Learning Outcome	Discuss how positivity can support emotional well-being and create a motivational and inspirational message.

Description

Ask the child how family members or friends support them when they are feeling frustrated, sad, or just need to talk to someone. Discuss that it is common for people to use positive quotes to show their support helping to inspire and motivate others.

Share the positive quotes below with the child and discuss how they can be used to inspire and motivate themselves and others.

- Take time to do what makes your soul happy.
- A healthy outside starts from the inside.
- Don't let anyone dull your sparkle.
- Three little words: you've got this.
- Optimism is contagious.
- An obstacle is often a stepping stone.

Discuss any of the quotes that the child needs support in understanding. Challenge the child to come up with a positive quote to inspire and motivate themselves and others. Support the child as needed to develop the quote and encourage them to design the quote on paper.

Ask the child to use bright colours and create geometric designs around the quote (e.g., circles, squares, triangles, pentagons, etc.). Support early literacy and numeracy learners with writing their quote and drawing their geometric shapes. If the child is having a hard time thinking of a quote, invite them to use one of the quotes above.

After they have completed their design, encourage the child to video call or email a family member or friend and share the designed quote with them helping to inspire or motivate others.

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- *What are some other ways you can be positive, both with yourself and with others?*
- *After you shared your positive message with someone, how do you think they felt?*