

7-DAY POSITIVITY CHALLENGE

To complete this challenge choose a challenge buddy and go through activities together. Once you complete each activity, put a tick next to it below!

MY NAME IS _____ MY CHALLENGE BUDDY IS _____

We began this challenge on (date) _____

When we complete this challenge we will celebrate by _____

-  Write down 5 things you like about yourself
-  Practice Loving Kindness meditation
-  Describe and draw your awe moment of the day
-  Give at least three compliments to three different people
-  Try a new thing or activity
-  Do something kind or helpful for someone
-  Set a goal and make a plan to reach it

5 THINGS I LIKE ABOUT MYSELF...

1

I am

2

I am

3

I am

4

I am

5

I am



LOVING KINDNESS MEDITATION

Practice this meditation together with your challenge buddy. It will remind you of self-love, love for your friends and family, and for all creatures in the world.

Sit comfortably with your feet flat on the floor and your back straight. Relax your whole body. Take a deep breath in. And breathe out.

Step One:

Read this aloud together with your challenge buddy:

May I be healthy. May I be peaceful. May I be happy.

Step Two:

Read this to each other with your challenge buddy:

May you be healthy. May you be peaceful. May you be happy

Step Three:

Think of someone in your family. Who is it?

Write his/her name here: _____

Now you can send them health, peace, and happiness. Imagine sending your love to him/her. You can imagine your love flying towards him/her like a paper airplane or a hot air balloon. If you wish, you can close your eyes to imagine it.

Say their name first, and then:

May you be healthy. May you be peaceful. May you be happy.

Step Four:

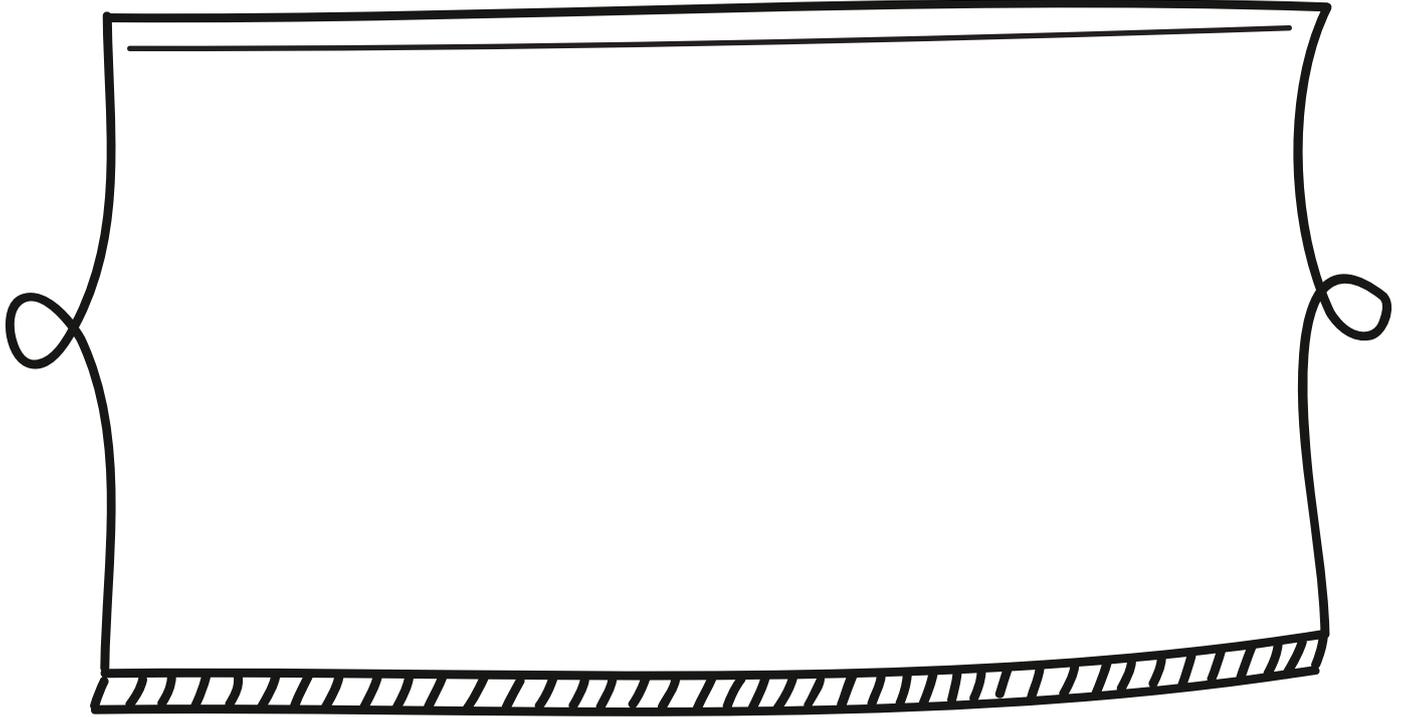
Now you can send health, peace, and love to anyone in the world! Think of someone in your family, your friend, teacher, or anyone else. You can also think of any creatures like animals in the woods or fish in the sea. Write down below who you would like to send health, peace, and happiness to and say the magic words:

May you be healthy. May you be peaceful. May you be happy.

MY AWE MOMENT

Awe moments are special moments throughout the day when you see or hear something beautiful or amazing. In awe moments, you have an overwhelming feeling of wonder or admiration. For example, you can experience an awe moment when you see a beautiful flower or hear a bird signing.

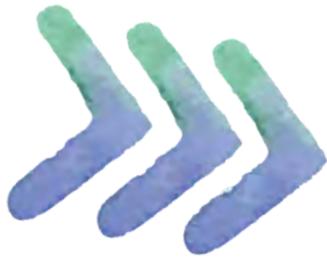
Think of an awe moment you had today. Draw it below:



Describe your awe moment here:

THREE COMPLIMENTS

Give at least three compliments today to three different people. You can compliment what they did, what they said or what they had. Write down each person's name and your compliment below.

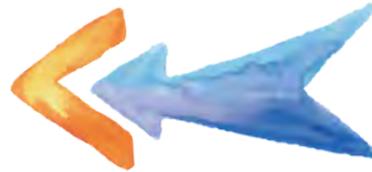


I gave this compliment to:

My compliment:

I gave this compliment to:

My compliment:



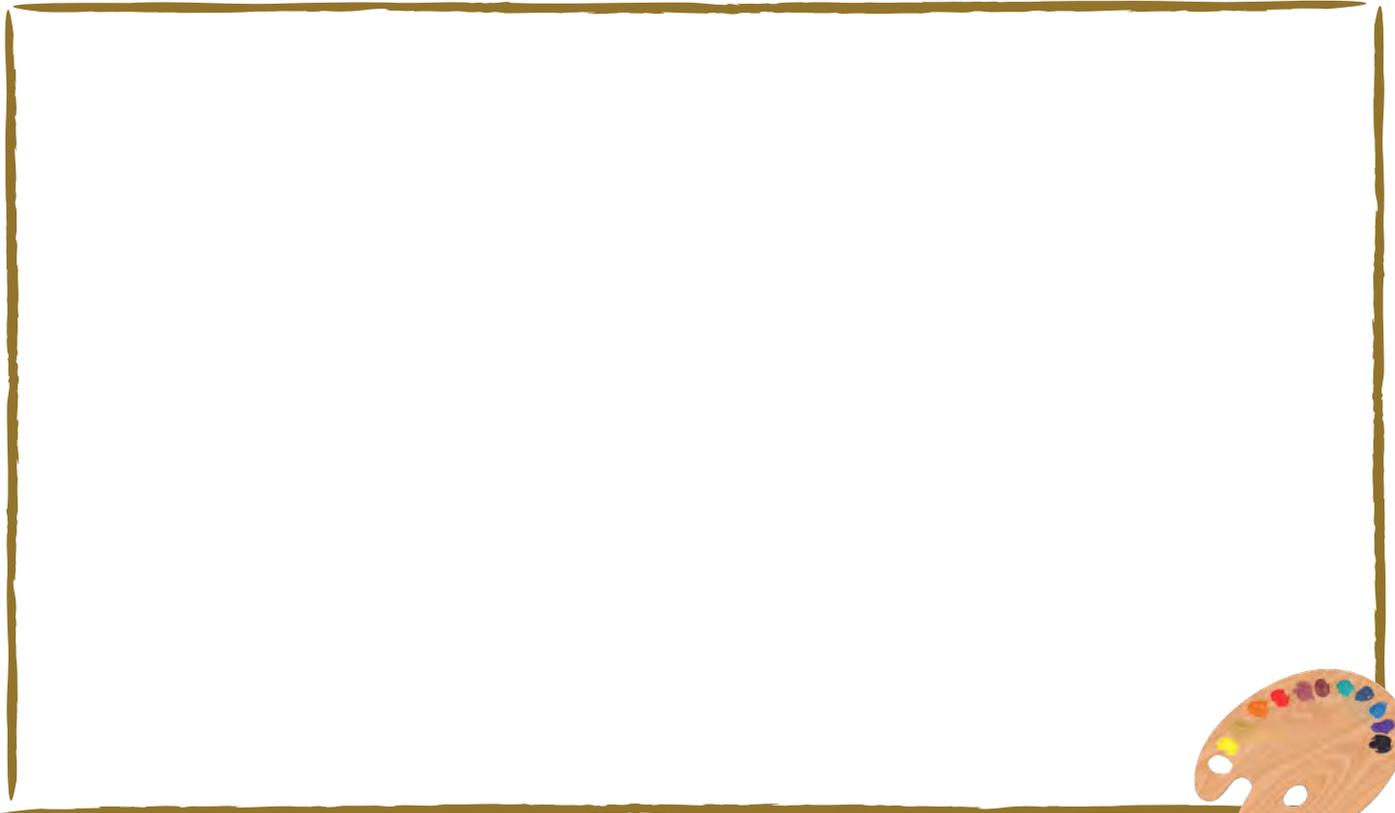
I gave this compliment to:

My compliment:



A NEW THING OR ACTIVITY

Try a new thing or activity today. Draw what you did below.



Describe what you did here:

A KIND OR HELPFUL THING

Do something kind or helpful for someone unexpectedly.

Write who you did the kind or helpful thing for below:

> Describe the kind or helpful thing you did:

> How did you feel when you did this?

> How do you think the other person felt when you did it for him/her?

A NEW GOAL

Think of a new goal you would like to achieve. It could be something you want to learn, do or become. Write your goal at the top of the goal ladder below.

Then write down the steps you will take on each rung of the ladder starting from the bottom.

My goal:

Then this:

Then this:

Then I will do this:

I will do this first: