



**SURBITON**  
HIGH SCHOOL

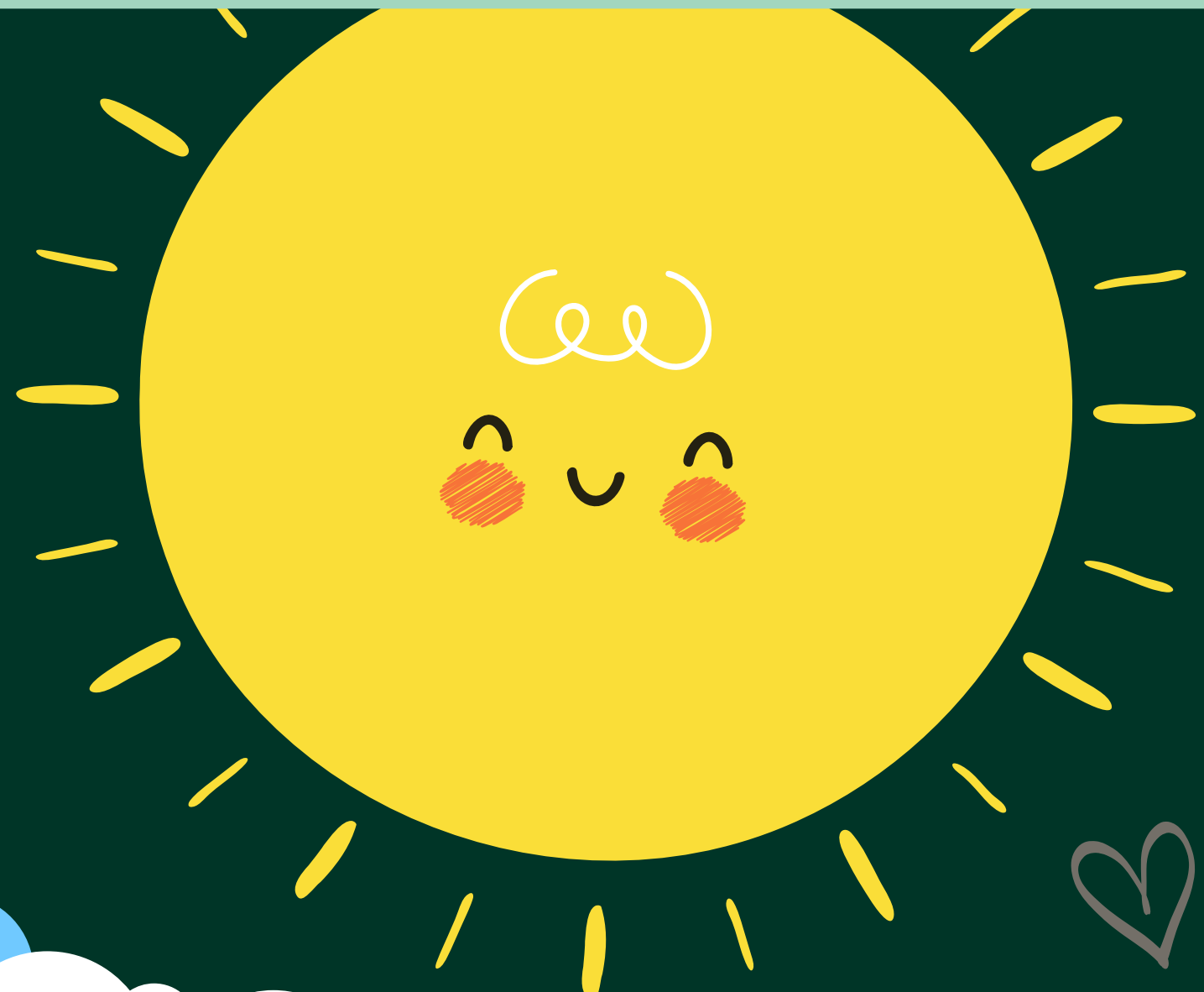
Tell your sister/  
brother how  
proud you are  
about what they  
have achieved  
recently

Reflect on a situation  
that made you feel  
negative emotion.  
Think about how you  
tackled that task and  
be proud of what you  
achieved to do this

Be thankful  
for living in a  
lovely part of  
the world.

# E- Emotions

## LOOK FOR WHAT IS GOOD



# POSITIVE VIBES ATTRACT POSITIVITY

Positive emotions such as joy, gratitude, contentment, inspiration, happiness and pride are not just great at the time but it has shown that positivity attracts positivity, if you are positive then other around you will be too. So, although we need to be realistic about life's ups and downs, it helps to focus on the good aspects of any situation - the glass half full rather than the glass half empty.

Go out for a 30  
min brisk walk  
and take in the  
beauty round  
you

Write a to do  
realistic to do list  
and be proud every  
time you complete a  
task - tick it /cross  
it off with pride

Look for the positive/  
funny side of a difficult  
situation e.g self isolating  
due to COVID might seem  
negative but it means  
you might get extra sleep  
as you do not need to  
commute to school

Tell your sister/  
brother how  
proud you are  
about what they  
have achieved  
recently

Write down  
3 things that  
you really  
appreciate in  
your life

Plan a countryside  
walk with your  
family and set a  
date to go and  
explore this new  
area

Ask a friend/family  
member to talk  
to you about their  
hobbies and interest  
and see if you have  
an interest in it too

Plan a cycle ride  
around your  
local park and  
complete it