



The 30-Day Positivity Challenge **Notes**

Each activity is designed to take between 15-20 minutes and are ideal to do in form time. The activities aim to help students think positively about themselves as well as helping them to focus on getting back into a school routine. Some activities require the task to be displayed on a whiteboard and some require a worksheet to be printed off beforehand. Additionally, the tasks may require paper or post-it notes so ensure all equipment and resources are laid out on the desks before students arrive. Teachers may wish for students to share their ideas with the rest of the class if they are comfortable to do so. Some of the activities are a great way to encourage students to talk about their feelings. Do not pressure any pupils to speak in front of the whole class, and guide those students who seem to be struggling to the different people and members of staff they can talk to.

You should always follow your school procedures for safeguarding and seek further guidance from other members of staff if you are unsure of students' behaviour. It is imperative that you refer those students who need further support.