



The Recovery Curriculum: Positivity and Kindness

- **Time to reconnect: share 3 best experiences of lockdown with the person nearby!**
- **Time to be kind: give compliments to friends/ your teachers today**

Make sure you say something nice that is genuine and heartfelt, when you receive a compliment accept it and simply say thank you!

You should be proud of yourself,
You are more helpful than you know
I've missed your smiles/ jokes
You make a difference to me

- **Time to be positive: what are your goals for today, this week?**

Think small – have you met your daily steps target? Have you been calm when overloaded? Do you reward yourself when you are positive?

- **Time to think ahead: we aren't in a rush, take your time to plan the next steps**

What are your plans for tomorrow, the rest of the week? Make a list of things to do each day and break the tasks down. Plan your way through the week – remember to build in down time as well.

“We are all in the same storm, but not in the same boat” Discuss



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Character trait developed: Empathy and Authenticity



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