



ALLiES eGuide

4th Period - Good Practices

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| Positivity | |
| Boundaries in Communication | Inner boundaries |
| Self control | I can choose... ...how I feel |
| Supportive factors | How are you? Superpositivity Yoga |
| Reflections | How does positive thinking change the world? |
| Conversations | Is it possible to practice changing your own mood or feelings? |
| Stories to tell | The story about the person who didn't expect anything nice to happen and never experienced positive things, regardless of how good others thought things were. |
| Projects | Practice taking negative sentences and changing them into positive sentences Practice storytelling in a positive way 100 Days Festival to celebrate 100 days of school since school started last autumn – Each child writes 10 positive words with parents at home – The children cut out 100 smiling faces and make a poster with words and faces. The season “þorri” begins in January and it is a tradition to really test a positive mind, tasting old traditional Icelandic food that has a really strange taste |