

# THE VALUES VISITOR

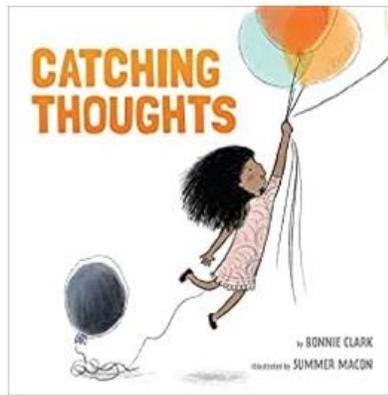
January 2024



## VALUE SPRING 1: POSITIVITY

This half term, we will be focusing on the value of Positivity. We will be using the book *Catching Thoughts* by Bonnie Clark to help with this.

This bright tale of a girl determined to escape a negative thought that keeps following her around encourages mindfulness and equips kids with the tools they need to successfully manage their emotions.



Books you could read with your child to support the value:

*Catching Thoughts* by Bonnie Clark (YouTube).

*This Beautiful Day* by Richard Jackson.

For every child who has been weighed down by sadness or anxiety, this story teaches kids how to acknowledge unwanted thoughts, show them compassion, then actively replace them with positive thoughts instead. *Catching Thoughts* is a quiet, thoughtful story that teaches readers how to practice mindfulness, focusing on thoughts that bring beauty, joy, and calm into their lives.

## WHO WILL OUR NEXT VALUES HERO BE?

The values hero's awards will now be nominated by children in classes. If your child is nominated, Mrs Sharkey-Bond will contact you to find out if your child has also been showing the value at home as well.

## What can you do at home?

The children have been given this list of ideas for how they could show positivity.

## How will we show positivity?

- Hopeful: saying phrases like 'I can do this!' And 'I will try again!'
- Lovely: 'I am so glad I get to see my friends everyday at school'.
- True: 'I am unique, there is no one else like me'.
- Excellent: 'I am working really hard at my handwriting this year, I'm getting good!'
- Joy: 'I am so happy, I've learnt something new!'
- Clear and calm: 'I am going to talk to someone because I want to choose positive thoughts.'

