

# FAMILY POSITIVITY AND GRATITUDE ACTIVITY PACK



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# ME AND MY FAMILY

**Draw a portrait of yourself**

**My name is .....**

**I am..... years old**

**The colour of my eyes are.....**

**The colour of my hair is.....**

**One unique thing about me is.....**

.....

.....

**Three things I love about myself.....**

.....

.....

.....

**Draw a picture of you and your family**

# MY UNIQUE FAMILY

All families are different and unique.

Write about how your family is different and unique.

Three unique things about my family.....

1

.....

.....

.....

.....

.....

2

.....

.....

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.....

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3

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.....

Three things I love about my family.....

1

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.....

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2

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.....

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3

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# HOW I HELP MY FAMILY

Think about some chores you can do to help your family at home and fill out the chart below. As it is kind to be helpful!



DAY OF THE WEEK	MY CHORES
MONDAY 	
TUESDAY 	
WEDNESDAY 	
THURSDAY 	
FRIDAY 	
SATURDAY 	
SUNDAY 	

# HOW MY FAMILY HELPS ME

Members of a happy and healthy family work hard to help and support each other.

Write/draw a profile of two of your family members and explain what they do to help you.

Name.....

Name.....

This person helps me by.....

This person helps me by.....

.....

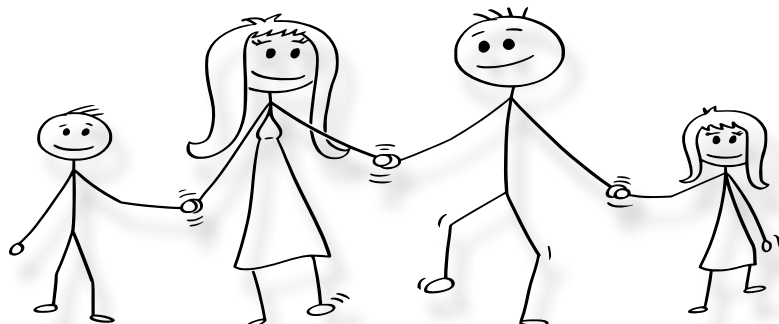
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# SHOWING LOVE

Can you name some people, objects or animals that are close to your heart.

Place your ideas here.



# GIVING COMPLIMENTS

Use the slips below to give compliments to members of your family.  
For example, you might want to tell a parent or carer how great their cooking is.



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TO.....FROM.....

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TO.....FROM.....

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TO.....FROM.....

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TO.....FROM.....

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# POSITIVITY AND GRATITUDE WORD SEARCH

Find the keywords in the word search below.

**Family   Happiness   Loyalty   Fun   Smile   Trust**  
**Thankful   Kind   Caring   Adventures   Respect**

D	L	Z	I	U	U	K	W	C	C	Y	T	D	T	Z
Y	I	Z	J	D	F	C	R	J	J	K	H	T	L	I
A	S	K	G	G	E	R	T	D	R	X	A	Y	C	L
V	U	C	H	H	R	S	U	V	F	X	N	V	B	L
A	D	V	E	N	T	U	R	E	S	R	K	O	H	W
H	Y	P	V	Y	H	O	L	H	E	K	F	B	F	Q
J	A	D	A	H	L	I	N	S	T	R	U	S	T	T
M	L	P	T	I	M	I	P	E	D	G	L	K	D	P
W	U	R	P	S	C	E	M	D	T	N	T	L	S	P
O	C	T	N	I	C	Z	K	A	H	I	F	V	L	H
E	T	N	Y	T	N	K	V	H	F	R	U	J	B	U
R	W	Z	Z	M	L	E	I	N	S	A	N	O	W	M
Y	T	L	A	Y	O	L	S	N	K	C	Y	K	C	F
Z	F	X	E	Y	A	X	H	S	D	M	X	U	I	W
P	L	E	Y	U	B	J	T	Q	W	T	C	Z	T	S

# MAKING AFFIRMATIONS

## What is an affirmation?

An affirmation is a positive statement you make about yourself out loud.

Create your own affirmations by following the next steps...

**Start with  
I or You**

**Then  
choose  
am or are**

**Include one or  
more of the  
following words  
in your sentence**

**You can write you affirmations here.**

For example, I am so lucky to have my sister.

.....

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.....

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kind  
happy  
grateful  
lucky  
powerful  
strong  
fearless  
amazing  
creative  
brave  
helpful  
creative  
determined  
loved  
resilient  
mindful  
healthy  
caring  
thoughtful  
fantastic  
generous  
blessed

**These are just  
examples of words you  
can use, you may want  
to choose your own.**



@1decisionltd



@1decision\_pshe



@1decisionltd