



# A Little Pack of Positivity

Follow us for even more positivity!

Please do send us messages/pictures so we can see how you are getting on!



@EarlyYearsStoryBox



@EYStoryBox

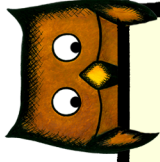
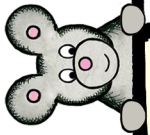


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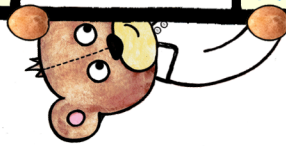


# 30 Days of Positivity

Do a little challenge every day for 30 days, cross each box off as you do them and let the positivity flow!



1 Say 3 things that you love about yourself	2 Say 3 things that you are grateful for and why	3 Help someone with something today	4 Say who you love and why	5 Say something nice to the person next to you	6 Say how you are a good friend
7 Draw a picture for someone	8 Sing a song that you like at the top of your voice	9 Help to make a drink, snack or meal for someone	10 Put on your favourite song and do a silly dance	11 Give someone a hug or a high five	12 Read your favourite storybook
13 Talk about a day out that you loved	14 Say 3 things you are good at	15 Do a big smile, take a selfie and tag Early Years Story Box!	16 Call someone and tell them that you love them	17 Say 3 things that make you happy	18 Say what you are lucky to have in your life
19 Do something kind for someone today	20 Do 10 star jumps whilst pulling a funny face	21 Shout 'I am amazing' 3 times as loudly as you can	22 Say 3 things that are good about your life right now	23 Talk about something you like doing and why	24 Breathe deeply in and out 5 times followed by a smile
25 Talk about something that you find funny	26 Ask the person next to you to say 3 great things about you	27 Fold a piece of paper in half and make a card for someone	28 Say 'thank you' to someone for something they have done	29 Finish the sentence 'I am.....' with something great	30 Play the Gratitude Game, take a picture & tag Early Years Story Box!





# Gratitude Game

Start at number 1. Roll the dice. For the number you roll, move along that many spaces (always following the blue arrows). If you land at the end of a yellow arrow, follow it either moving up or down. The first person to land exactly on number 30, wins.

Thank you for my friends because... 1	Thank you for my family because... 2	Thank you for flowers because... 3	Thank you for books because... 4	Thank you for games because... 5	Thank you for the sun because... 6
Thank you for my voice because... 12	Thank you for toys because... 11	Thank you for food because... 10	Thank you for pencils because... 9	Thank you for where I live because... 8	Thank you for light because... 7
Thank you for water because... 13	Thank you for animals because... 14	Thank you for films because... 15	Thank you for the rain because... 16	Thank you for photographs because... 17	Thank you for music because... 18
Thank you for a comfy chair because... 24	Thank you for grown-ups because... 23	Thank you for my bed because... 22	Thank you for paper because... 21	Thank you for me because I am... 20	Thank you for the stars because... 19
Thank you for rainbows because... 25	Thank you for love because... 26	Thank you for people being kind because... 27	Thank you my clothes because... 28	Thank you for snowy days because 29	Thank you for hugs because... 30



# Dice Net

Make a dice out of this net or cut out the shapes and stick them on to a large dice

