



My Positive Rainbow

A great way to look after our mental health is to think positively about ourselves and our lives.

For some people and when we are in certain situations this is sometimes hard to do. At the moment you may not be able to do the things that make you feel good and that make you feel positive. But it is really important to remember these things to remind you of the positive you!

Below is the outline to your positive rainbow! In your positive rainbow you need to think about the things you are good at and the things you like doing. Focus on your positive thoughts.

On each of the arcs of the rainbow write a positive statement. Here are some examples of what you could do:

- My favourite thing to do is.....
- I am good at.....
- I feel strong when.....
- My friends like me because.....
- I love.....
- I like to dream about.....

Fill in your arcs, colour it in and put it somewhere where you see it everyday to remind yourself how awesome you are!

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