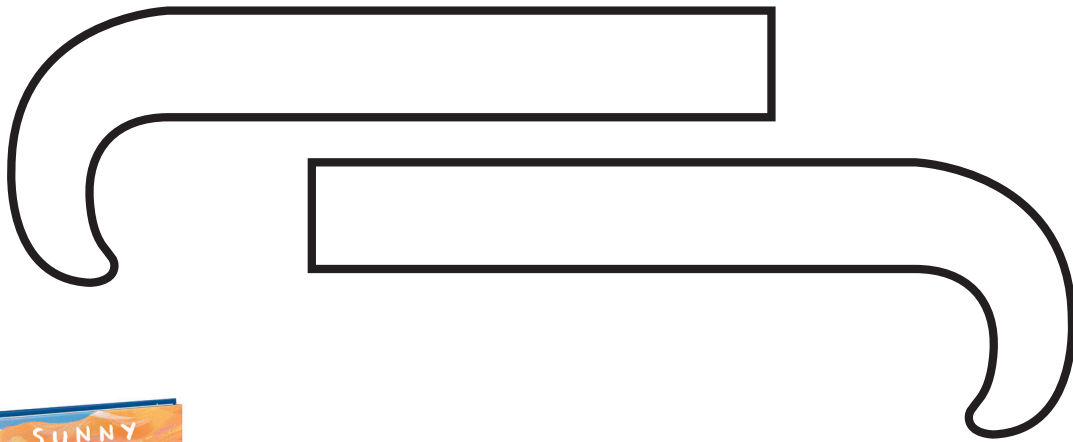
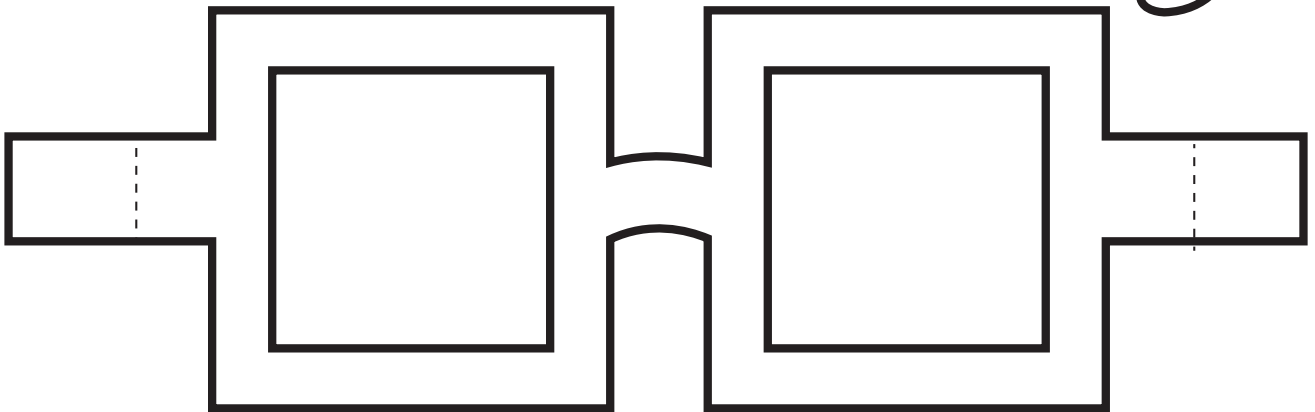
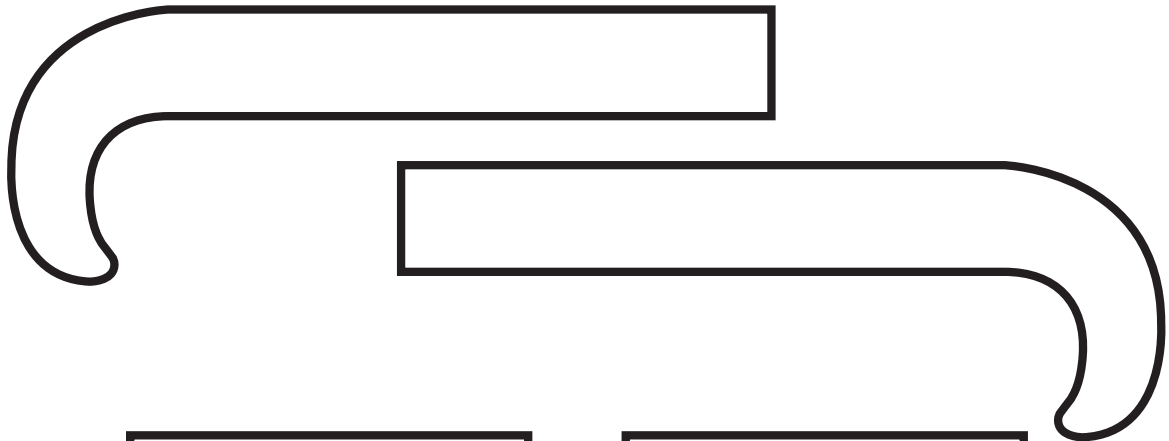
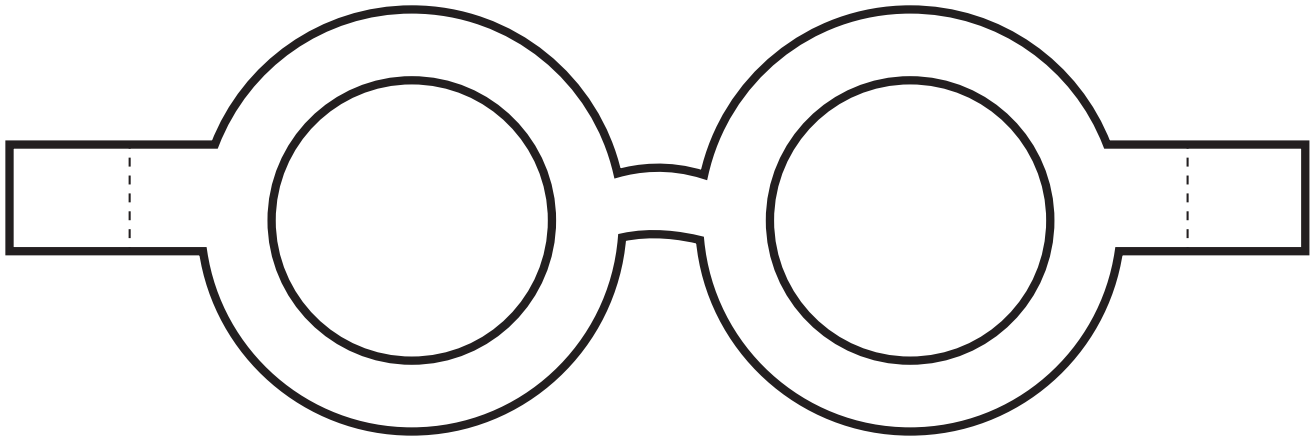


Cut out and design your
very own sunny-side specs!

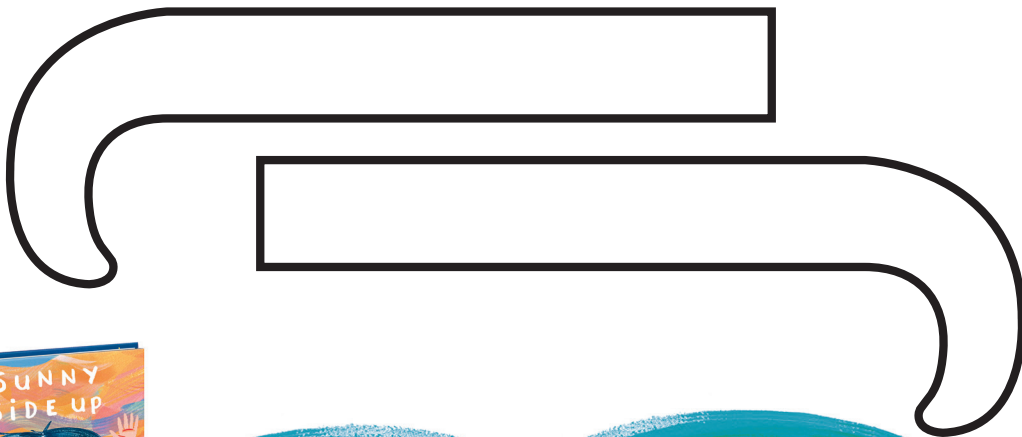
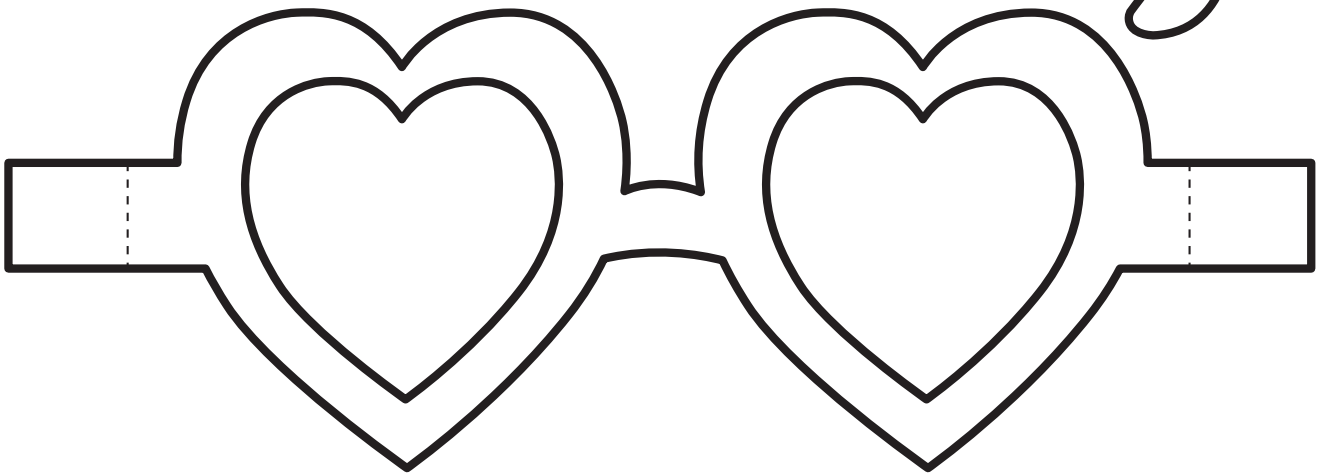
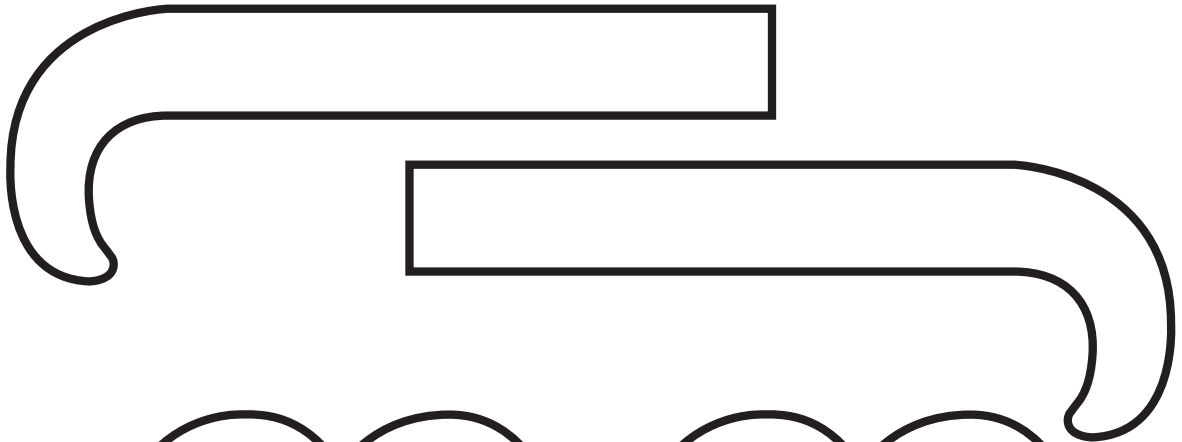
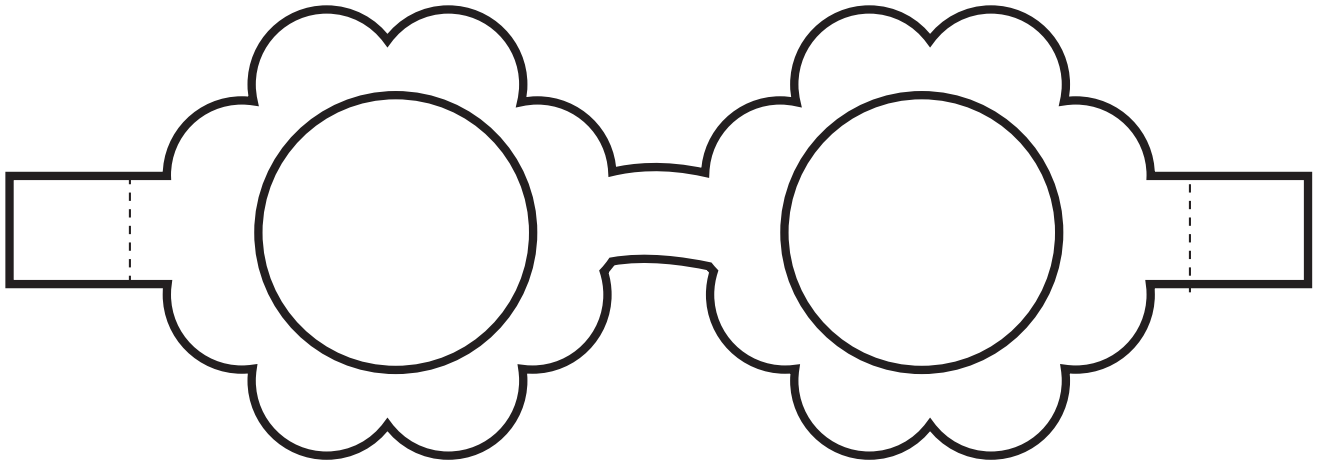


Put on your sunny-side specs, and a bad mood can become a good mood,
a goodbye can become a hello - even the impossible can become possible!

Illustrations from Sunny Side Up by Clare Helen Welsh, illustrated by Ana Sanfelippo (Little Tiger Press, 2023). Illustrations © Ana Sanfelippo



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Write down or draw some of the things you are grateful for on this 'positivi-tree'.



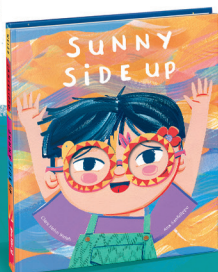
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Create your own gratitude journal and write down some of the positive things that happened this week.

MONDAY	<p>I felt good when ...</p> <p>I helped when ...</p> <p>I am looking forward to ...</p>	
TUESDAY	<p>I smiled when ...</p> <p>I felt proud when ...</p> <p>I learned that ...</p>	
WEDNESDAY	<p>I enjoyed myself when ...</p> <p>I was helpful because ...</p> <p>I am grateful for ...</p>	
THURSDAY	<p>I felt happy when ...</p> <p>I was proud because ...</p> <p>I liked it when ...</p>	
FRIDAY	<p>I laughed when ...</p> <p>I helped a friend to ...</p> <p>I can't wait for ...</p>	
SATURDAY	<p>I had fun when ...</p> <p>I did well when ...</p> <p>I made a difference when ...</p>	
SUNDAY	<p>I tried my best to ...</p> <p>I was proud myself because ...</p> <p>I loved it when ...</p>	



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I'M THANKFUL FOR . . .



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