

# Learn From Harry Garside: Power of Positive Thinking

THE HOWIE  
GAMES

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Watch the video but when the video is paused, reflect on the questions below. The aim is to share these at the end of the video.

## Pause 1 Reflection

Why do you think it's important to think positively?

Are there any negatives to thinking positively?

Can you think of any positive thinking routines that help people think positively?

## Pause 2 Reflection

Who are the positive people in your life right now? Who brings you joy?

What are some positive things about today?

What positive moment have you experienced in the last week?

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Emotional Literacy

Upper Primary  
Education Program

THE HOWIE  
GAMES