

Learn From Harry Garside: Power of Positive Thinking

THE HOWIE
GAMES

EL

Learning Intention:

Identify positive people, moments and things in our lives

Success Criteria:

- I can reflect on positives thing in the world
- I can reflect on positives thing in my life

Extra Materials Needed:

- 3 Post-It notes per student

Vic Curriculum Standards:

Person and Social Capability

*Explore the links between their emotions and their behaviour
(VCPSCSE025)*

Reporting Statements:

Student can reflect on positive people, moments or things in their life

Part 1: Introduce the Lesson

1. Distribute Student Reflection Sheet (printed out version or digitally shared eg: Google Classroom link)
2. Open Up Learn From Harry Garside - Power of Positive Thinking
3. Introduce lesson with Learning Intention and success criteria

Part 2: “I Do” – Watch Howie Games Episode

1. Play the Howie Games video of Harry Garside who speaks and models about the power of positive thinking and positive routines in his life.
2. Pause the video and for the students to reflect on the student activity questions. Students to take this time to answer these questions, brainstorm or add their own wonderings from the video they just watched.

Part 3: “We Do” – Share and Facilitate Discussion through Student Reflections

1. Consider beginning the discussion by reading out the optional discussion questions.
2. Students are to share their reflection and wonderings to generate discussion within the class. Facilitate students answers to bounce off one another with “What did you think, what about you, what were you wondering, how does their answer now make you think? etc.
3. During these discussions teachers may find opportunities to dive deeper into explicitly teaching / clarify / answer some wonderings students have. Conversely teachers may wish to learn with the students or assign students to find out more about a particular wondering.

Part 4: “You Do” – Student Activity: “Positive Post-It Wall”

1. Similar to the Human Sticky Note Wall, students will need 3 post it /sticky notes to write on
2. Students are to use the 3 notes to write a positive message or word that is positive / joyful in their lives.
 - First sticky note is a positive person in their life, extend students to write why that person is positive in their life.
 - Second is a positive thing in their life
 - Thirdly is a positive moment that has happened in their life, extend students to write about a small moment today, the key to this is for students to see the small positive moments that happen each day eg: It's sunny, my friends are at school today, I'm not feeling sick etc.
3. Teacher to ask for any students who feel comfortable enough to share any number of their post it notes.
4. Post it notes to be stuck on butcher paper to be laminated and displayed in the class room under 'Positive Post-It Wall'
5. Repeat this activity either with post it notes or journaling in workbooks to foster a sense of positivity in the classroom

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Emotional Literacy

Upper Primary
Education Program

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