

THE POSITIVITY COLLECTOR

"Good things come in small packages" and they are often what we cherish the most in life. Collect examples of the things in life that spark **positivity** in you and others.

Step 1: Write your personal favourites.

Step 2: Interview your friends, family and teachers and jot down their recommendations. Share yours with them too!



A SONG THAT
BRIGHTENS YOUR DAY:

A PLACE THAT
BRINGS YOU JOY:



A MOVIE THAT
TOUCHES YOUR SOUL:



A BOOK THAT
INSPIRES YOU:



A MOMENT THAT
MAKES YOU SMILE:



A PERSON WHOM
YOU ADMIRE:



GOOD FOOD TO
SHARE WITH OTHERS:



A SOW THAT
ENCOURAGES YOU:

"QUOTE"

AN ANIMAL THAT
WARMS YOUR HEART:



What else can we do to spread positive vibes to others?