**Power of Positivity**

Monthly Campaign Announcements:

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| Day 1 | Have you ever thought about your thoughts? That’s a tricky question so let me ask it again! Have you ever thought…..about your thoughts? This month we are learning about the importance of our thoughts through the power of positivity! That little voice inside of your head has a lot of control! When you have too many thoughts you might feel overwhelmed. When this happens try writing some thoughts down on paper. It will help you feel more in control and organized. |
| Day 2 | This month we will learn just how important thoughts are in our everyday life! One way to focus on slowing down your thoughts is through breathing. Let’s all take 3 deep breaths together. Inhale through your nose for a count of 3 and exhale through your mouth to a count of 4. Ready! Inhale 1, 2, 3. Exhale 1, 2, 3, 4. (Repeat 2 more times) Do you feel calmer? Breathing slowly is a great way to focus your thoughts and start your day. |
| Day 3 | Do you sometimes catch yourself thinking about what you DON’T have? This can cause negative thoughts. Being grateful for what you DO have can help keep your thoughts positive. Share with your teacher or the person next to you 3 things you are grateful for. |
| Day 4 | Did you know that there are hormones in your brain that can put you in a good mood? Two of these are called Serotonin and Endorphins. In this campaign, we are going to learn how to increase these hormones in our bodies. Tomorrow there will be a prize for whichever class can remember these “happy hormone!” Remember they are called “ser-o-tone-in and en-dor-phins"! |
| Day 5 | **Quiz Time!** The first class that calls down to the office with the right answer to this question will win ***(insert specific reward)!*** (Examples: extra PE time, extra DPA, taste test, etc.)  What is the name of the “happy hormones” in your brain that can help keep your thoughts positive? Did you know that exercise can help increase these hormones? Good luck on being the winning class! |
| Day 6 | Carbohydrates increase serotonin levels, which partly explains why we crave foods when we are feeling down. For the best mood boost, choose healthy carbohydrates that are high-fibre choices such as whole-grain bread, quinoa, seeds or beans. |
| Day 7 | Laughter is a great way to *keep your thoughts positive.* It’s time to get your giggle on!  **Q:** Why was 6 afraid of 7?  **A:** Because 7, 8, 9. Get it? 7 *ate* 9! |

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| Day 8 | Have you ever heard of the saying “forgive and forget”?  Holding onto a grudge does nothing to fix a bad situation and only reminds you of the hurt. Try to let go of things that happened in the past and focus on the present. Yoga can help clear your mind from any negative thoughts. Ask your teacher to sign out the yoga bin for a DPA break this week!  Elementary Desk Yoga - <https://www.youtube.com/watch?v=mPCxJUXDWj8>  Jr/High School Desk Yoga - <https://www.youtube.com/watch?v=iGuMknzKMxM> |
| Day 9 | Sometimes no matter how hard you try to think positive thoughts the negative thoughts sneak in. Finding someone to talk to can be a big help. Counsellors, teachers, your parents, or a trusted adult can give you strategies to help deal with your emotions and problems. Don’t be afraid to reach out for help! |
| Day 10 | How’s your serotonin level today? Let’s increase our happy hormone through laughter! Joke time!  **Q:** What do elves learn in school?  **A:** The elf-abet. |
| Day 11 | Starting out your day in a positive way is key to being healthy. Try spending 10 minutes in the morning imagining all the ways you could have a positive day.  What would you be doing at school? What choices can you make to connect with a classmate or do something positive for someone?  Visualizing your perfect day can help make it a reality. Share with your teacher or a partner about how you would spend your perfect day at school. |
| Day 12 | Be kind to others and they will be kind to you. Bring happiness to someone who needs it and you will find yourself sharing in their happiness. Happiness is contagious, so go spread some joy. Tell someone something you like about them today! It could be as simple as saying “I really like how you helped our friend pick up their books when they fell off the desk”. |
| Day 13 | Happiness is a choice. It doesn’t happen by accident. You decide every day whether you are going to be happy or grumpy. Thinking about all the great things in your life will encourage more positive thoughts and before you know it you’ll be in a better mood. |
| Day 14 | Remember the most effective and natural way to boost serotonin and endorphins is by exercising daily; let’s stand up and increase our levels by doing 10 jumping jacks! Ready!!! 1, 2, 3, 4, 5, 6, 7, 8, 9, 10! Help the happy hormone work, think a positive thought to start your day. |

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| Day 15 | Taking part in meaningful activities can help keep your thoughts positive! Think about a favourite memory, one that stands out in your mind.  Maybe it was an adventure with friends or a trip with your family where you tried something new. Share with your teacher or a partner a positive event you have experienced. |
| Day 16 | Did you know that when sunlight reaches our skin, we produce vitamin D which helps produce serotonin? This explains why being outdoors makes people happier. When was the last time you played outside in the sun? Remember you can increase your vitamin D by playing outside in the winter too. |
| Day 17 | Happiness levels have been shown to increase by doing random acts of [kindness](http://www.joyfuldays.com/be-kind/). Think of something nice you can do for someone today. Turn to a friend and tell them your secret plan to do something nice for someone else. Now don't forget to do it! |
| Day 18 | Time to increase our serotonin by laughing out loud.  Joke time!  **Q:** What musical instrument is found in the bathroom?  **A:** A tuba toothpaste. |
| Day 19 | Certain foods can help your body produce more serotonin and make you happier.  Salmon, pineapple, nuts and eggs have been proven to increase serotonin. Ask you parents to include these foods on your next grocery store trip. |
| Day 20 | How powerful is the power of positivity? Let’s see if it can get the whole school laughing. When I count to 3, everyone put on the silliest face you can and show your nearby classmates. Ready 1, 2, 3! |
| Day 21 | Let’s summarize everything we’ve learned about positive thoughts!   * Serotonin and Endorphins are the hormones that help keep us in a better mood! * Exercise, sunlight, and healthy foods increase these “happy hormones” * Every day we have a choice to be happy or grumpy. Let’s choose happy! |