



# Positivity Calendar: June 2020

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**CONFIDENCE**

1 Draw yourself as a superhero

2 Share a happy memory of an achievement with a friend

3 Ask a friend what they think makes you a positive person

4 Write down 3 ways you could make a difference to the world

5 List 3 people you think are confident and why

6 Write a note to your future self and tell them how amazing they are

7 Remember to smile if you look in the mirror

**COMMUNICATION**

8 Make a plan to do something nice with your family tonight

9 Say something positive to everyone you meet today

10 Step outside and listen. What communication in nature can you hear?

11 Spread kindness by reminding someone of their strengths

12 Learn to say thank you in 4 different languages

13 Read a poem out loud

14 Take 5 minutes to be silent

**RESILIENCE**

15 List 3 things you want to do this week which will make you feel happy

16 Dance to as many songs as you can until you're tired

17 Stretch your arms and legs as far as possible

18 Take 5 deep breaths

19 Remember a time you overcame a challenge in a positive way

20 Think of 3 people who you could talk to if you were finding something difficult

21 Be thankful for the small things in life

**SELF AWARENESS**

22 Use one of your strengths to do something positive today

23 Discover your creative side - draw a thank you card for someone

24 Write down 3 things you are grateful for

25 Ask somebody what they think your greatest strength is

26 Find a positive response to something you are worried about

27 Note down 3 things you are feeling right now

28 Think about a quick positive action you can take everyday. Write this down

29 Send a positive letter or message to a friend or family member

30 List all the positive things that have happened this month

"Try these activities at home with a young person and watch their strengths grow!"

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