

The Power of Positive Thinking

Lessons Inspired by "Little Soul's Adventures: Alone in the Dark"

Age: 4-8

Objective:

- To introduce the concept of positive thinking and its impact on well-being
- To explore strategies for maintaining a positive mindset
- To connect the themes of the book "**Little Soul Adventures: Alone in the Dark**" with positive thinking and optimism

Materials:

- Copy of the book "**Little Soul Adventures: Alone in the Dark**"
- Chart paper and markers
- Index cards or slips of paper
- Art supplies (crayons, markers, pencil crayons)
- Worksheet for reflection (created by the parent/teacher)

Procedure

- **Introduction (10 minutes):**
 - Begin by discussing the importance of having a positive mindset and its effect on our well-being.
 - Ask your child if they have heard of positive thinking and what it means to them.

- **Read Aloud (15 minutes):**
 - Read the book "**Little Soul Adventures: Alone in the Dark**" aloud to the your child, emphasizing the moments where Little Soul demonstrates positive thinking and optimism.
 - Pause at key moments to discuss the positive mindset of Little Soul and its impact on their journey.
- **Positive Thought Brainstorm (10 minutes):**
 - Distribute index cards or slips of paper to your child.
 - Ask them to think of a positive thought or affirmation they can use to boost their own positivity.
 - Encourage your child to share their positive thoughts with a friend or family member and write it down.
- **Positive Thinking Art (15 minutes):**
 - Provide art supplies and ask your child to create a visual representation of their positive thought or affirmation.
 - Encourage creativity and self-expression in their artwork.
- **Reflection Worksheet (10 minutes):**
 - Distribute a reflection worksheet to your child, which includes questions such as:
 - What positive thought did you choose to represent?

- How does that positive thought make you feel?
- How can you use this positive thought in your daily life?

- **Positive Thought Share (10 minutes):**
 - Have your child share their positive thoughts and affirmations with a friend or family member, explaining why they chose them and how they can be helpful.
 - Encourage your child to listen attentively and provide positive feedback to their friend or family member.

- **Group Discussion (10 minutes):**
 - Lead a discussion about the power of positive thinking, using prompts such as:
 - How can positive thinking help us overcome challenges?
 - How does having a positive mindset affect our emotions and interactions with others?
 - Can you think of a time when positive thinking made a difference in your own life?

- **Connecting to the Story (5 minutes):**
 - Discuss specific moments in the book where Little Soul demonstrated positive thinking and optimism.

- Encourage your child to make connections between the story and their own experiences, emphasizing the importance of positive thinking in facing challenges.
- **Closing (5 minutes):**
 - Summarize the key points discussed and highlight the significance of positive thinking in cultivating a happy and resilient mindset.
 - Encourage your child to practice their chosen positive thoughts regularly and apply the lessons from "**Little Soul Adventures: Alone in the Dark**" to their daily lives.

Extensions:

- Invite your child to create a positivity wall or bulletin board, where they can display their positive thoughts and affirmations.
- Incorporate positive thinking exercises, such as gratitude journaling or sharing one positive thing each day, into daily routines.
- Share inspirational quotes or stories that reinforce the power of positive thinking and optimism.

***Note: Activities can be adjusted based on need and abilities of your child. It is important to create a supportive and encouraging environment to foster positive thinking and discussion.