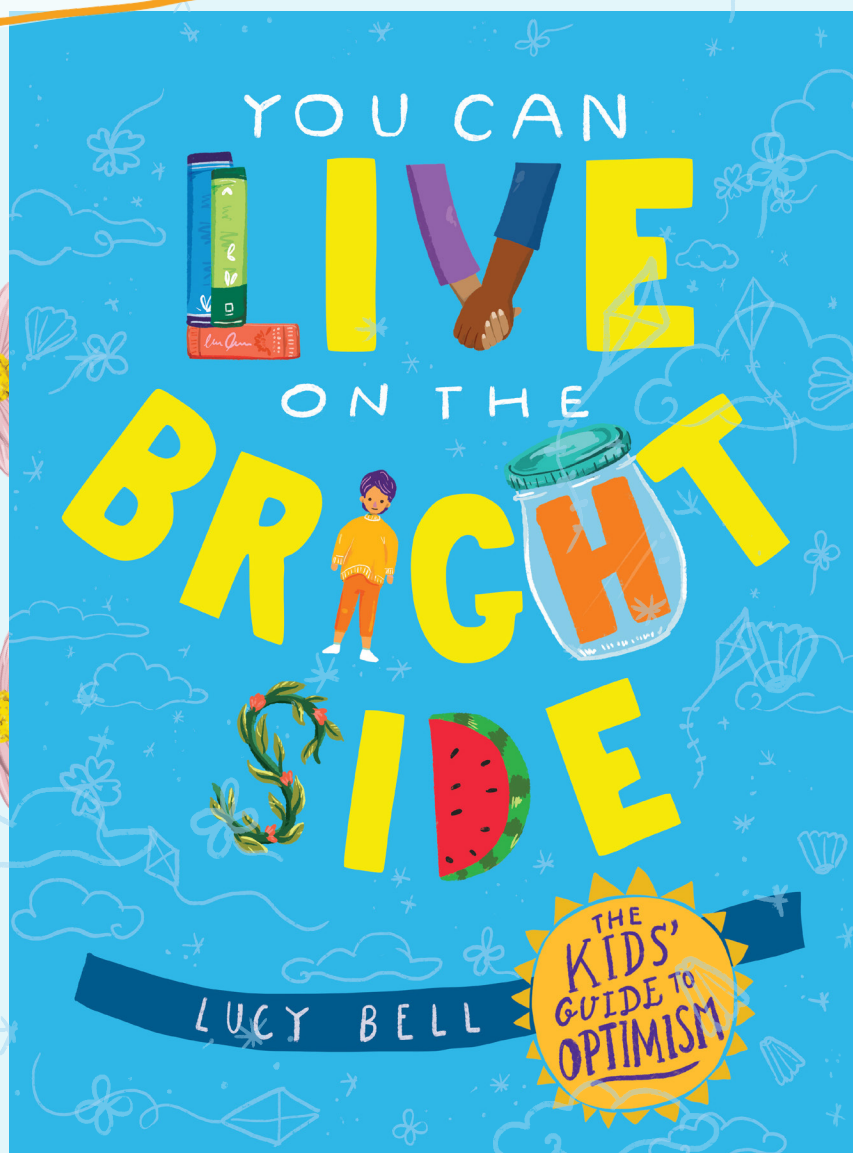


You Can Live on the Bright Side

Selected activities for a positive outlook

These fun activities have been selected from Lucy Bell's *You Can Live on the Bright Side: The Kids' Guide to Optimism*. They can help you slow down for a moment, be more reflective, relax, and even find time to do the things you love!

And for other useful resources from Bright sparks to organizations and where to go for help to useful apps or websites, check out the last pages!



ACTIVITY

In the morning, write down three things you're looking forward to today.

Then at night, write down the three things you enjoyed doing most today. Are they the same as the three things you wrote down in the morning, or did you find something new you enjoyed doing?

ACTIVITY: MAKE A COMFY CUBBY

If you don't want to decorate your whole bedroom, make a cubby full of relaxing things instead. This will be a place you can go to relax, read a book, draw a picture, have a nap, daydream, and think about the little things in life that make you happy.

What to put in your cubby:

- ✿ Lots of cushions
- ✿ Blankets
- ✿ Your favorite toys
- ✿ A stack of your favorite books or comics
- ✿ A lamp
- ✿ Games to play
- ✿ Activity or coloring books
- ✿ Snacks



ACTIVITY: MAKE A MIND JAR

A mind jar works like a snow globe: when you shake it up, there's a storm inside. Then, if you watch as the storm slowly calms down, you might find you calm down too.

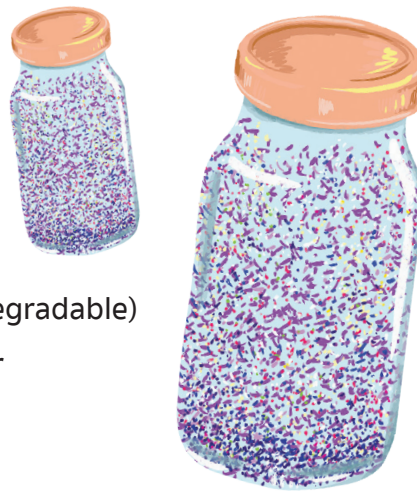
If you're feeling angry or upset, give the jar a shake and watch as everything that's been swirled up then begins to fall into place. Remind yourself that even when things go wrong, everything will settle back down and be okay.

There are many ups and downs in life.

Here's how to make your own mind jar

What you'll need:

- ✿ a repurposed jar
- ✿ warm water
- ✿ liquid glycerin
- ✿ 1 teaspoon dishwashing liquid
- ✿ 2 tablespoons glitter (ideally biodegradable)
- ✿ food coloring in your favorite color



What to do:

1. Fill your jar 2/3 of the way with warm water.
2. Add the glycerin until the jar is almost full, then add the dishwashing liquid.
3. Stir in the glitter and about 3 drops of food coloring (you hardly need any).
4. Screw the lid of the jar on tight and get shaking!

RESOURCES

BRIGHT SPARKS

Aelita Andre

aelitaandre.com
instagram.com/aelitaandre
facebook.com/aelitaandreartist

Alysa Monteagudo and Celine

soshecan.wixsite.com

Coco Gauff

instagram.com/cocogauff

Dante Vergara

bichologia.com
youtube.com/Bicholog%C3%ADa

Haile Thomas

hailevthomas.com
instagram.com/hailethomas

Henry Patterson

notbeforetea.co.uk
instagram.com/not_before_tea

Isra Hirsi

instagram.com/israhirsi

Jaylen Arnold

jaylenschallenge.org

Joshua Williams

joshuasheart.org

Julia Warren

celebraterva.org

Kate Barry

scrunchiemunchies.com.au
instagram.com/scrunchiemunchieaus
facebook.com/scrunchiemunchies

Lauryn Hong, Ella Matlock, Sofia Migliazza, and Erin Rogers

bethechangecoloringco.com

Mo Bridges

mosbowsmemphis.com
instagram.com/mosbowsmemphis

Prajnal Jain

globalgirlhood.org

William Winslow

thefooddrivekids.org

ORGANIZATIONS

Mindful Schools

mindfulschools.org

iWRITE

iwrite.org

Harmony Project

harmonyproject.org

WHERE TO GO FOR HELP

The Jed Foundation

jedfoundation.org

NIDA for Teens

teens.drugabuse.gov

The Trevor Project

trevorproject.org

USEFUL APPS AND WEBSITES

Meditation:

Smiling Mind
Headspace

Stargazing:

SkyView Lite
Star Walk 2

Language:

Duolingo

Music:

Spotify

Coding:

Scratch
Code.org

TED-Ed:

Ed.ted.com