

- Wellbeing in Mind
- Communication in Mind
- Skills in Mind
- Mood in Mind
- Activities in Mind

Building Positive Experiences

FACILITATOR HANDOUT

Sometimes, when things are stressful, our mind focuses in on all the other stressful things happening and becomes blind to the good things that are happening in our lives. Our brains automatically focus on the thing relevant at the time. For example, it's like when you're thinking of buying a new car and then all you see is that type of car driving everywhere. Or your friend mentions a TV programme, then you see the adverts for it everywhere.

We can teach our minds to pay attention to the things we want it to. We can shift it away from focusing on negative aspects of our lives and increase it with positives. Once you start to do this, you will notice your brain will focus on the positives more often! Think about having a jar that is half full with black beads. These beads represent the negative experiences in your life. If that is all you have, that is all you see - black beads. If you fill the rest of the jar with coloured beads, the same amount of black beads are in there, but now it looks multi-coloured due to the other experiences you have.





Demonstration

Have two jars of beads as described above. As you pour the coloured beads into the black bead jar, describe to the students all the positive things you do in your life e.g. watching your favourite TV programme, playing football, having a long hot bath, playing with the dog etc. If possible, use personal examples as this will be more authentic for the students.



Discussion

Get the group to think about all the activities they currently do in their lives. Do they have any free time to engage in more positive activities to shift their focus? What are the barriers to engaging in positive activities? Could they use the problem solver skill to overcome these?



Activity

Students to complete the interest checklist to identify positive activities that they currently engage/have engaged in or would like to engage in in the future. The sheet will also help students to prioritise the activities selected.