

My Book of Positive

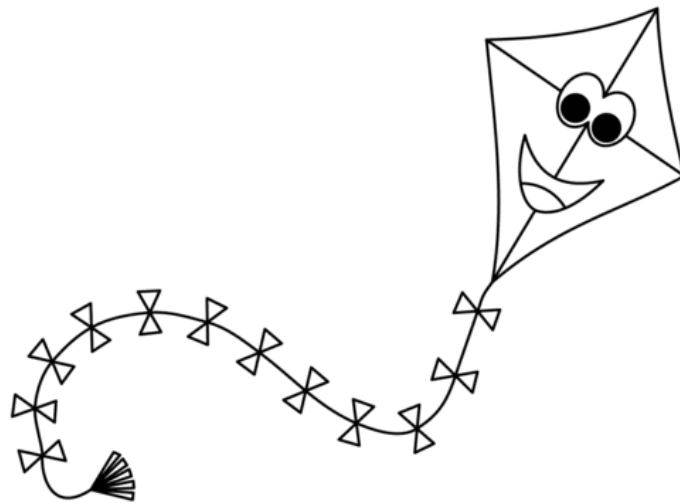
I can find things to be grateful for every day



“I can find things to be grateful for every day.”

This booklet contains:

- * **Colouring:** calming & relaxing, just what we need!
- * **Puzzles:** words & numbers, which do you like?
- * **Challenges:** tricky & easy, can you do them all?



ALL ABOUT



I am





years old

I Live with



in





I like to watch

Favorite activities

My Favorite:

COLOR: _____

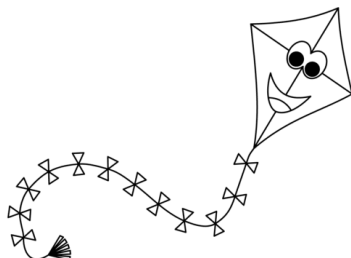
FOOD: _____

ANIMAL: _____

BOOKS:

I am good at

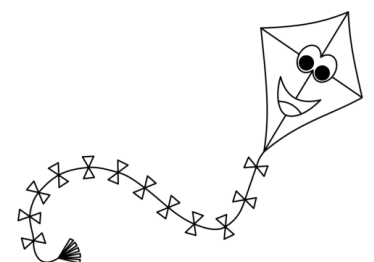
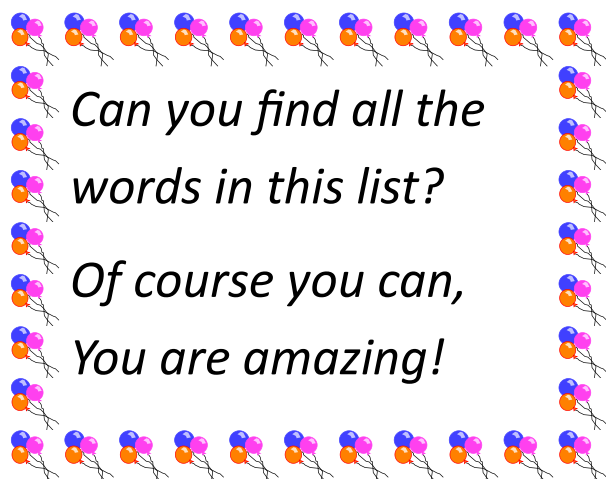
When I grow up
I want to be...



"I can find things to be grateful for every day."

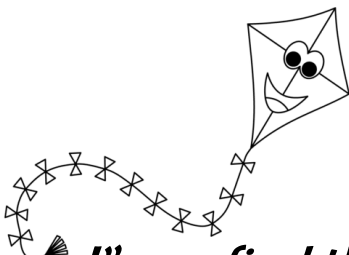
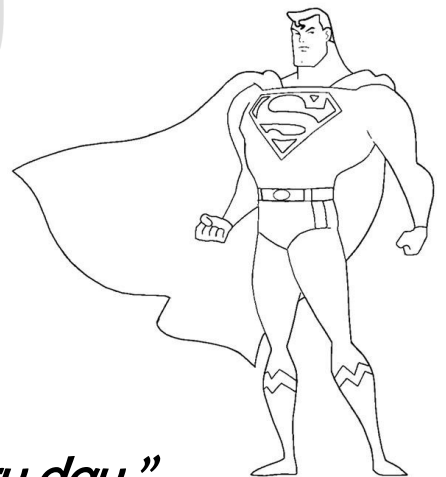
e	v	e	r	y	i	k	d	m	z
d	b	x	t	t	h	i	n	g	s
s	e	l	m	f	n	o	w	x	u
l	v	y	a	i	f	g	k	l	f
m	p	c	a	n	t	z	a	c	o
d	a	y	k	d	n	o	q	u	r
b	c	z	v	w	s	t	o	h	j
l	g	r	a	t	e	f	u	l	e

I
can
find
things
to
be
grateful
for
every
day

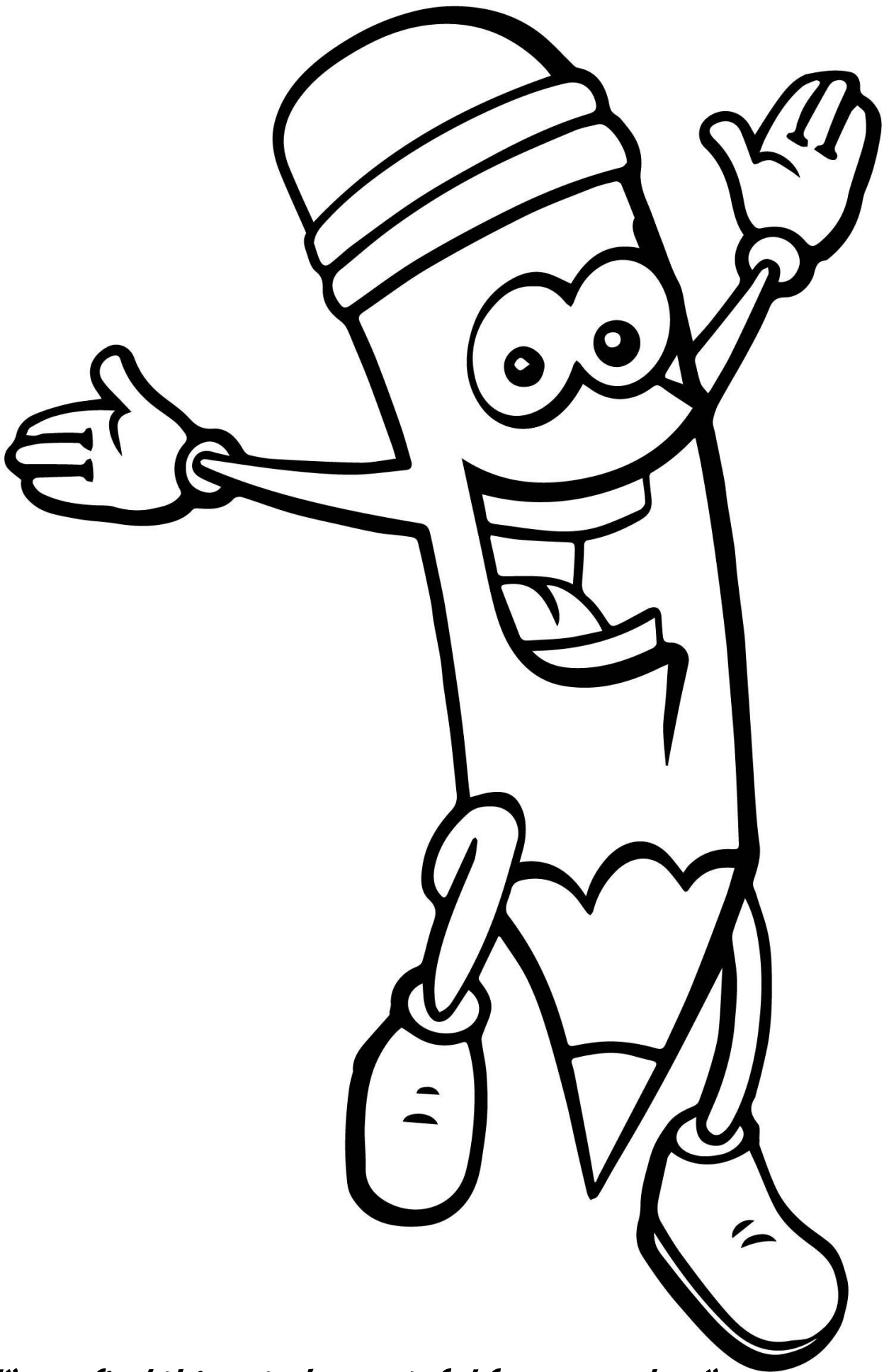




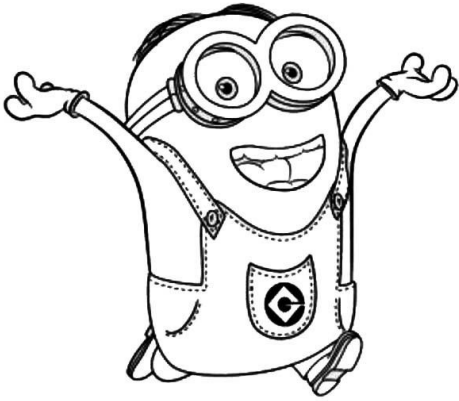
I can
start the day
feeling
brave and
strong



I" can find things to be grateful for every day."

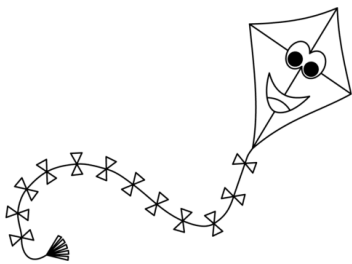


"I" can find things to be grateful for every day."



I can

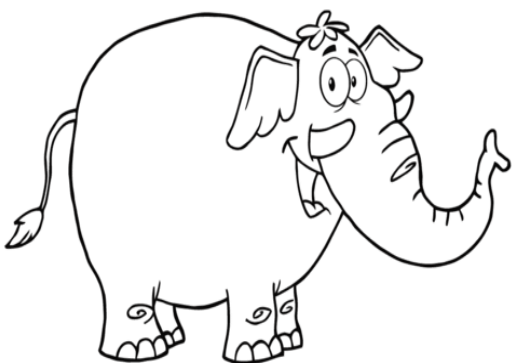
find things



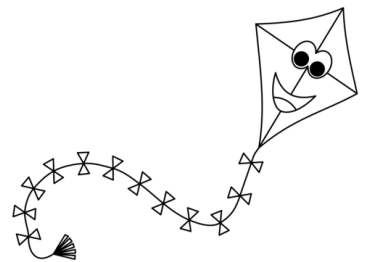
to be

grateful for

every day



Cut and stick in the correct order, so that it makes sense.



grateful

things

I

for

can

every

find

day

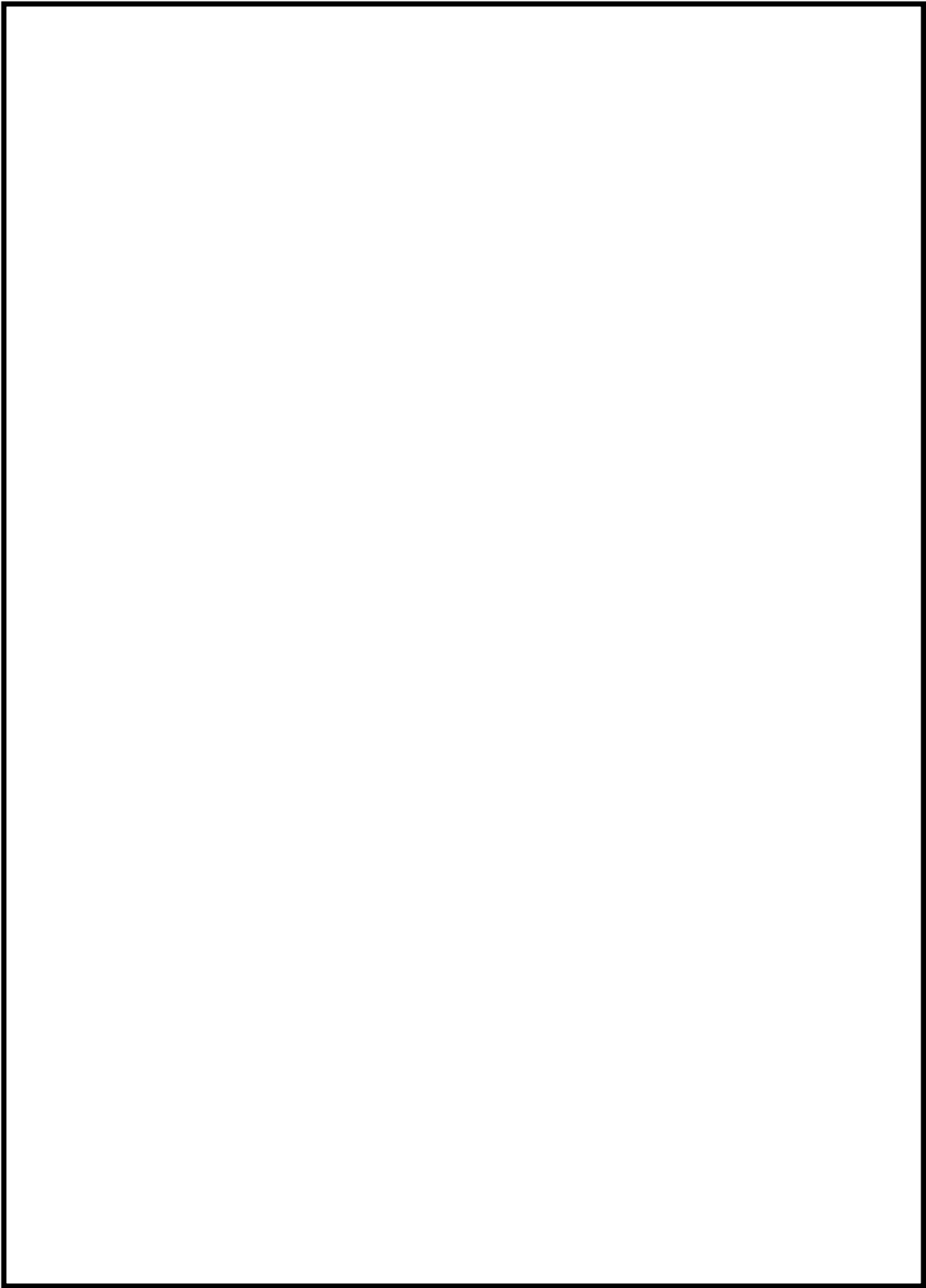
.

be

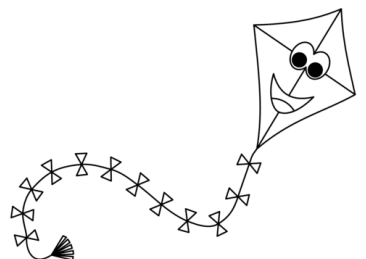
different

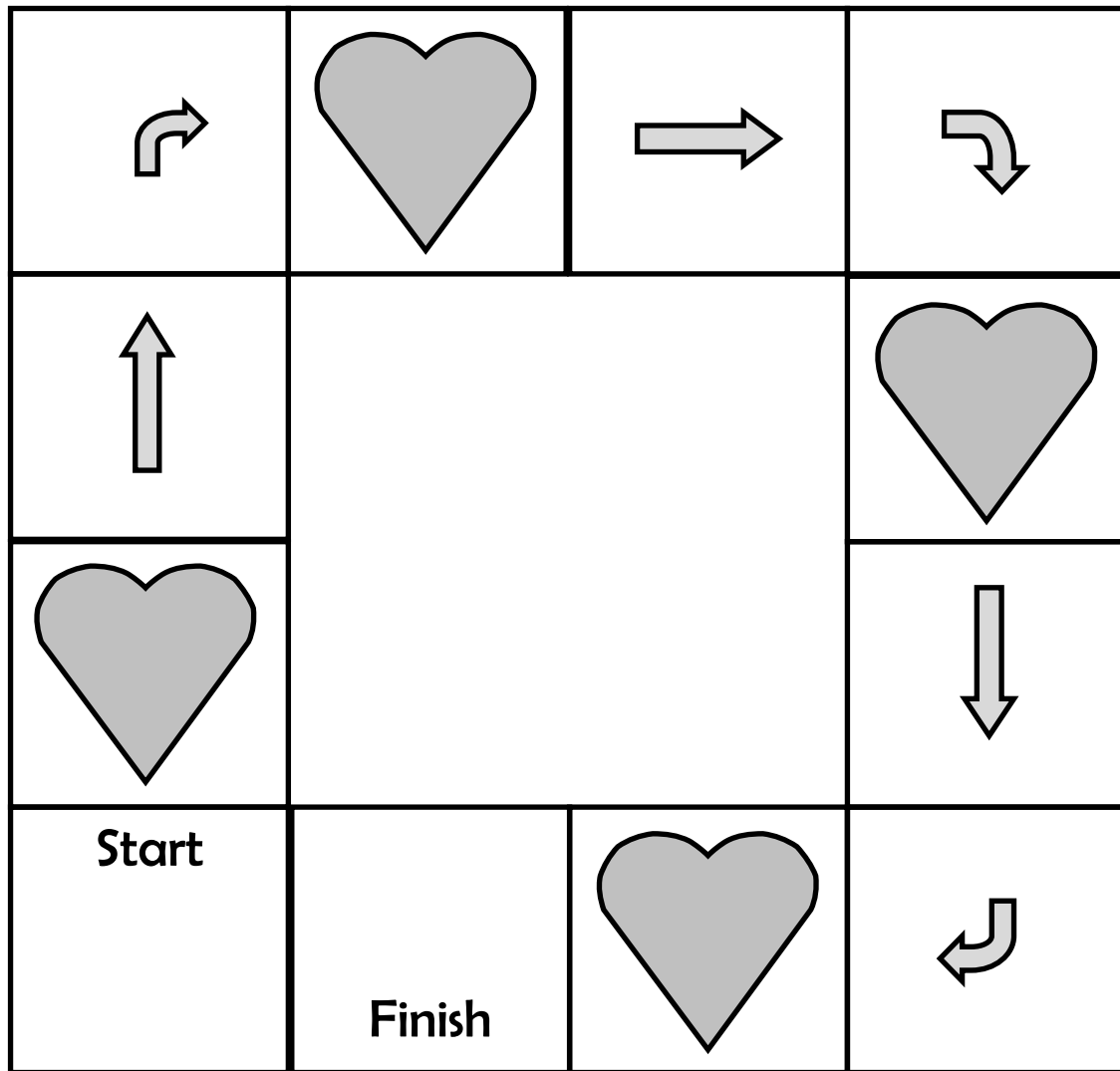
to



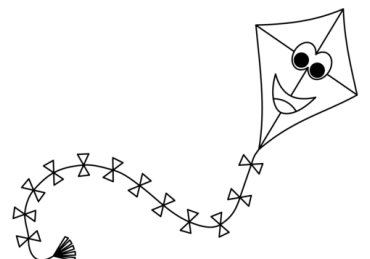


Draw something you are grateful

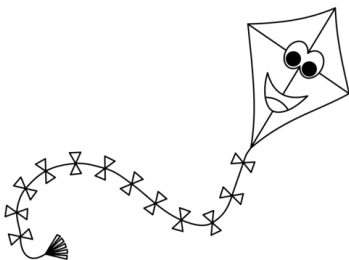
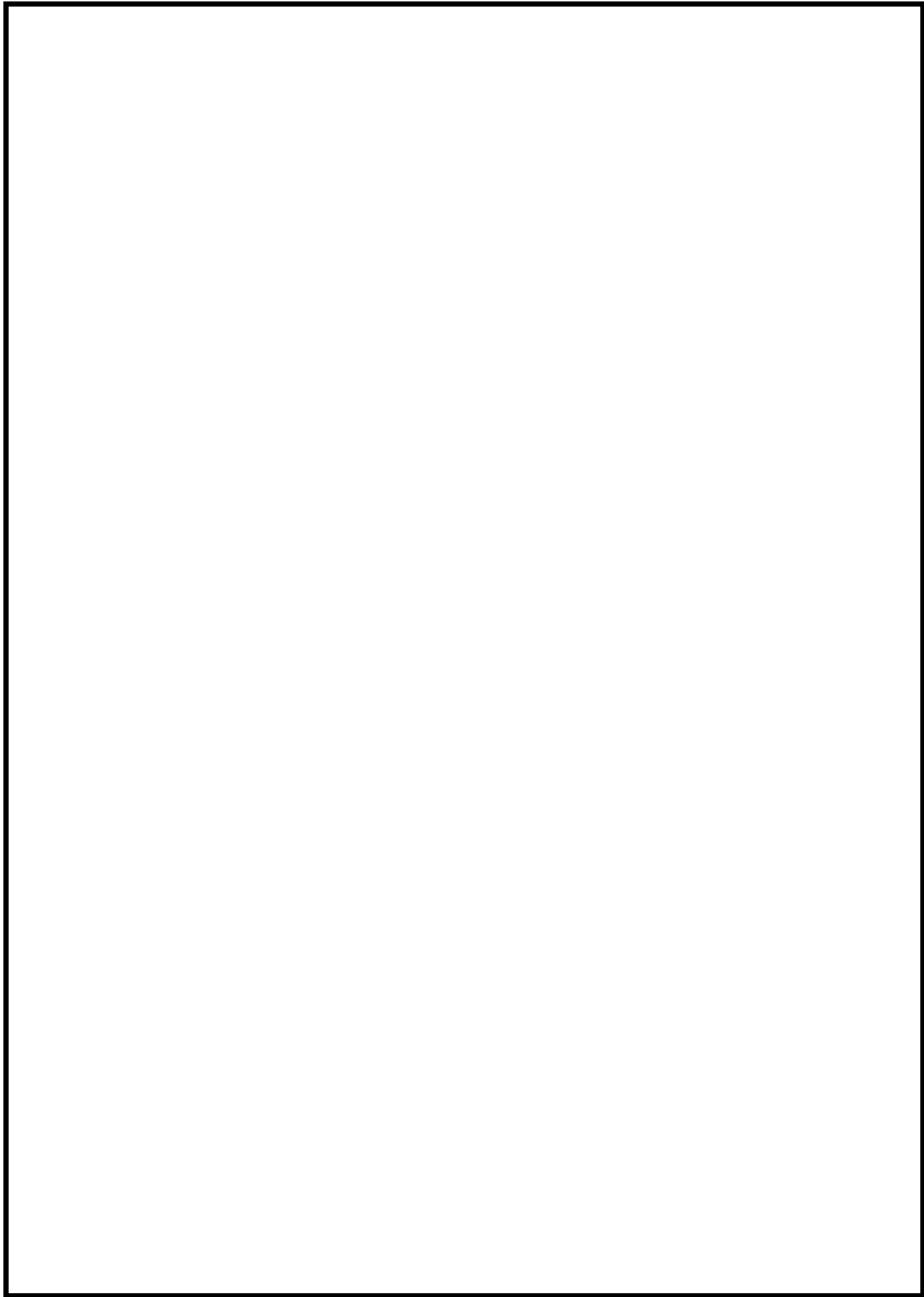




Roll a dice, and every time you land on a heart, try and think of something you are thankful for.



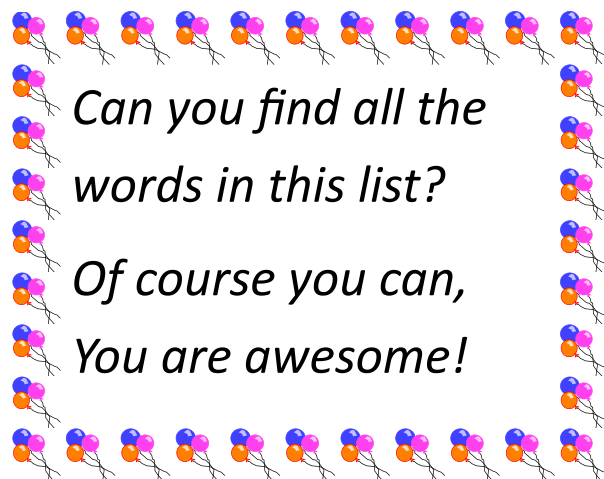
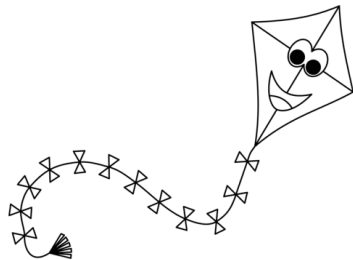




Draw something you are grateful for.

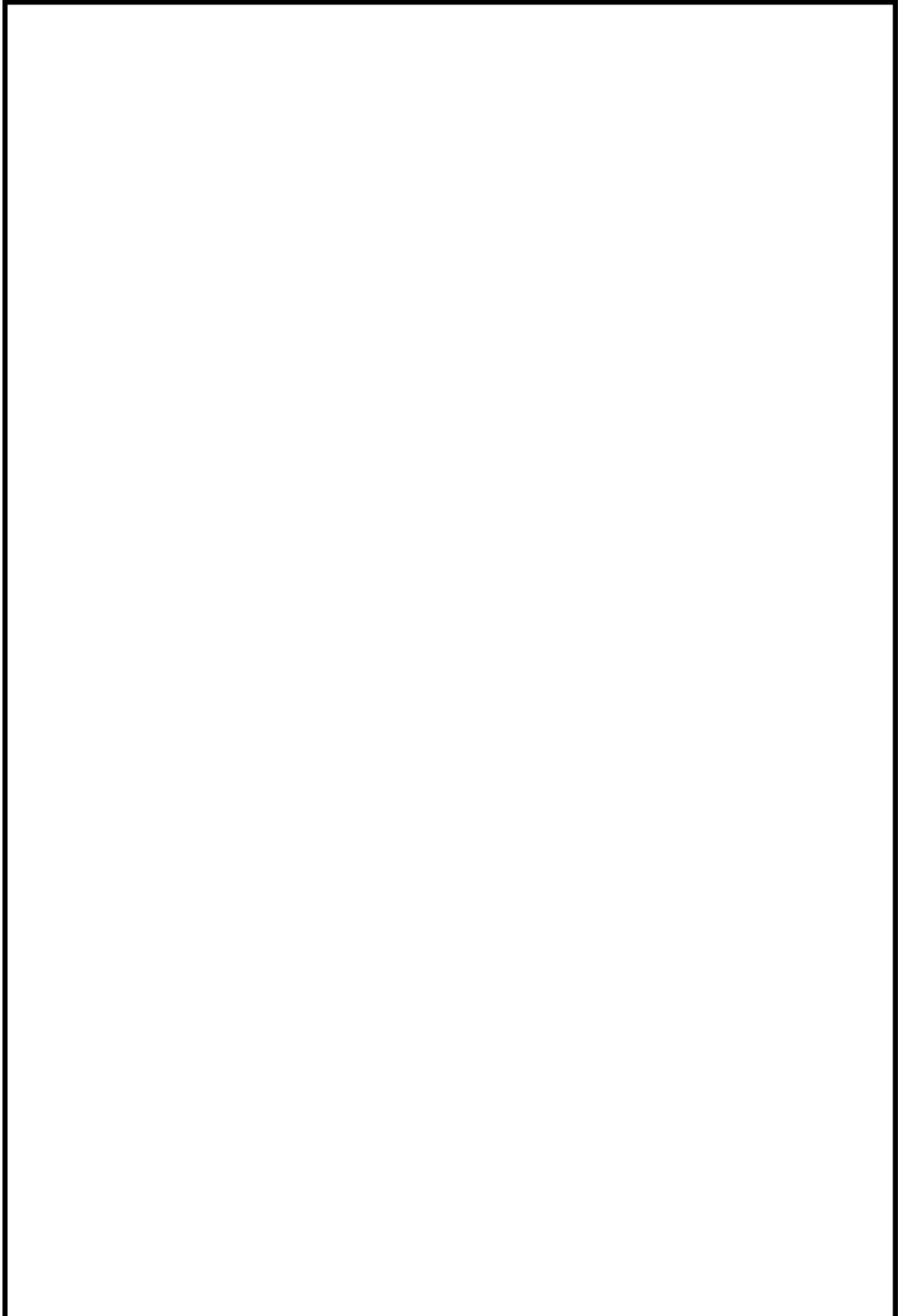
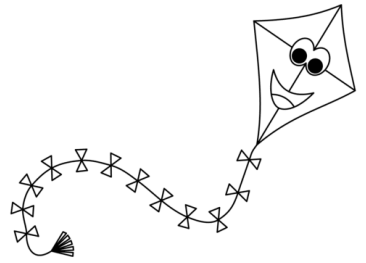
b	c	g	h	l	m	z	d	a	y
y	s	s	t	r	o	n	g	a	d
e	t	z	a	n	f	l	b	g	h
i	a	b	r	a	v	e	j	c	k
d	r	l	c	a	n	m	t	n	o
p	t	q	e	o	r	r	h	s	a
t	f	k	u	g	J	v	e	w	n
f	e	e	l	i	n	g	x	y	d

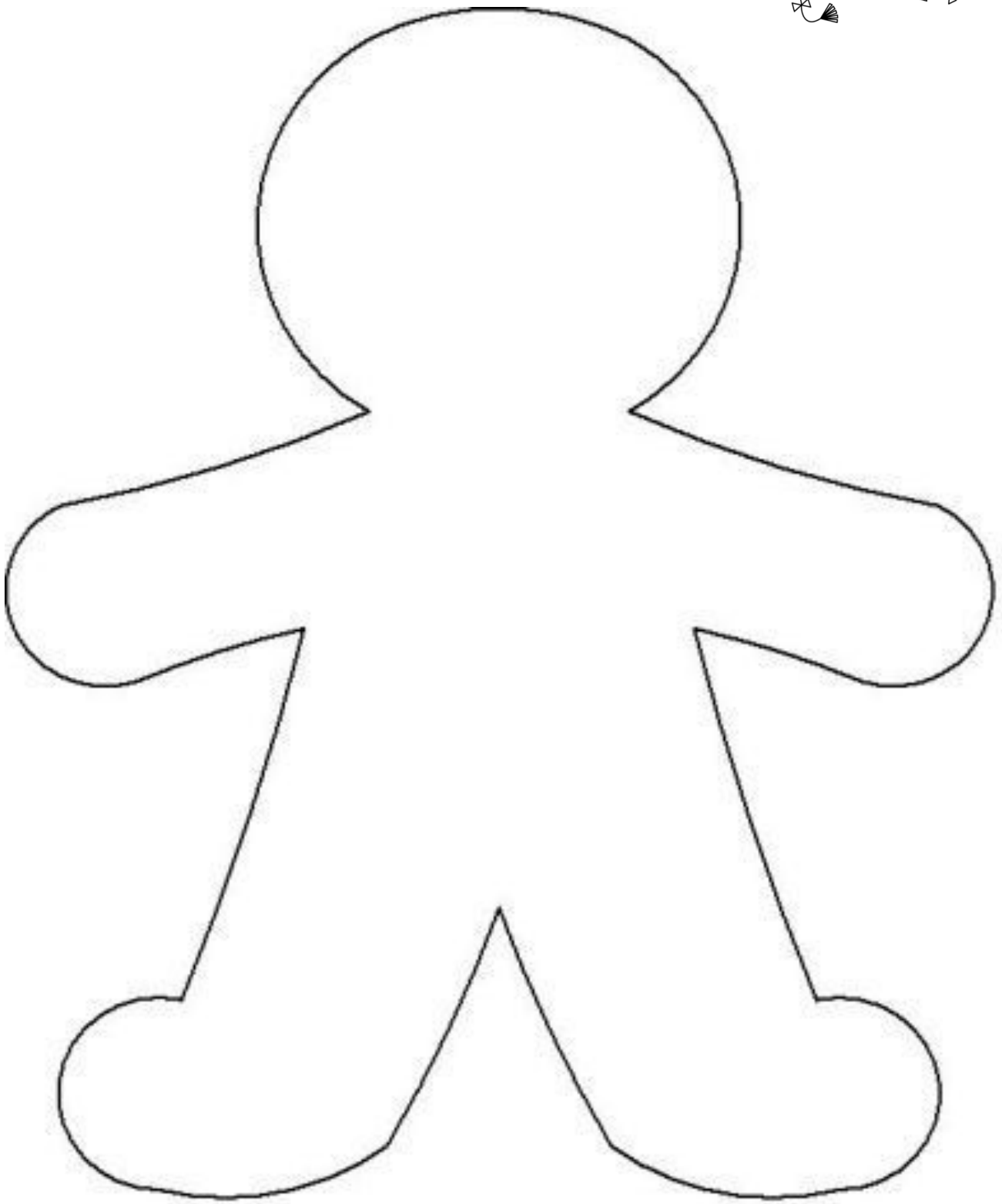
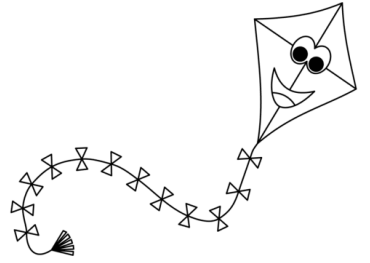
I
 can
 start
 the
 day
 feeling
 brave
 and
 strong



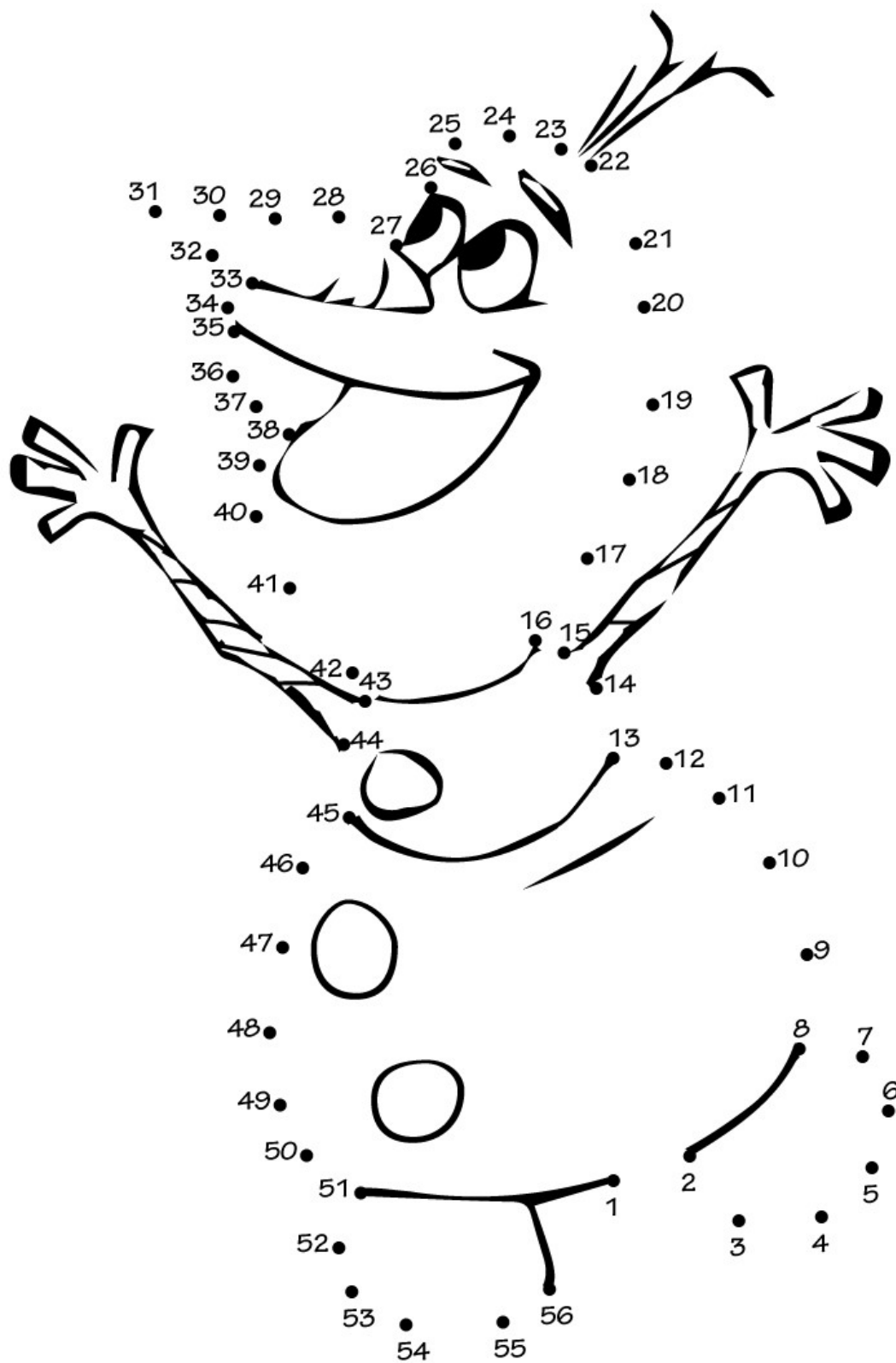


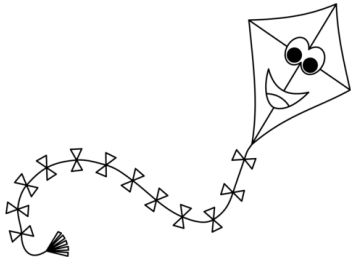
Draw something you are grateful for.





Can you fill up your person with all the things you are thankful for? You can use words or drawings.





2 funny things about me:


1 thing I love about myself:

My self-love blocks

3 qualities I have:

4 ways I make people happy:

5 things I did well this week:

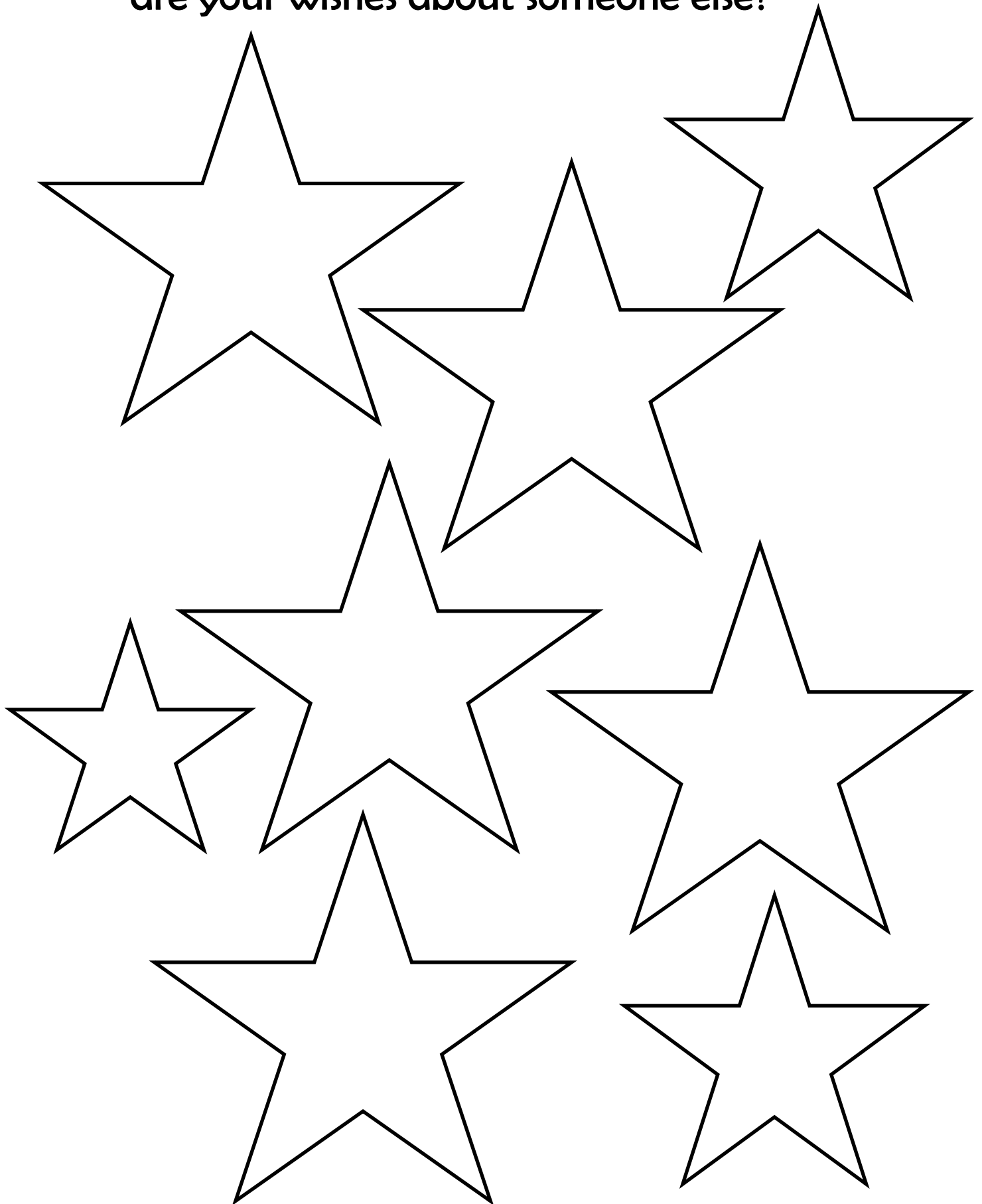


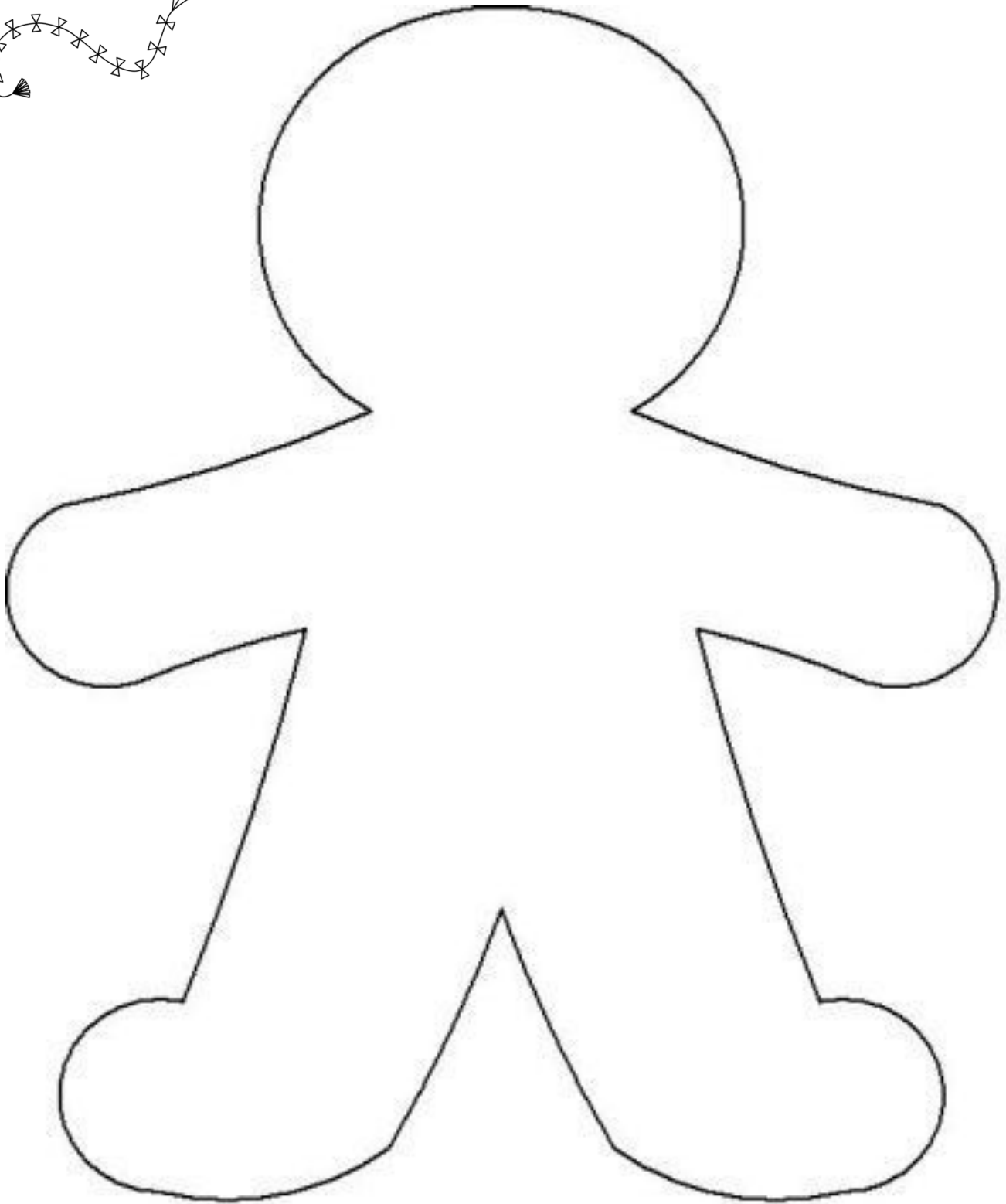
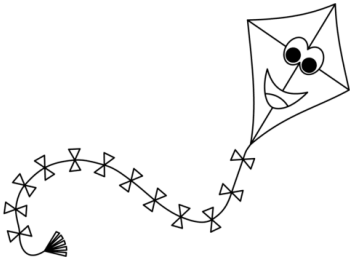
www.plantlovegrow.com
For personal use only. Not for sale.
©plantlovegrow 2014 All rights reserved

I can find things to be grateful for every day.

Wishes..... Write a wish in each star.

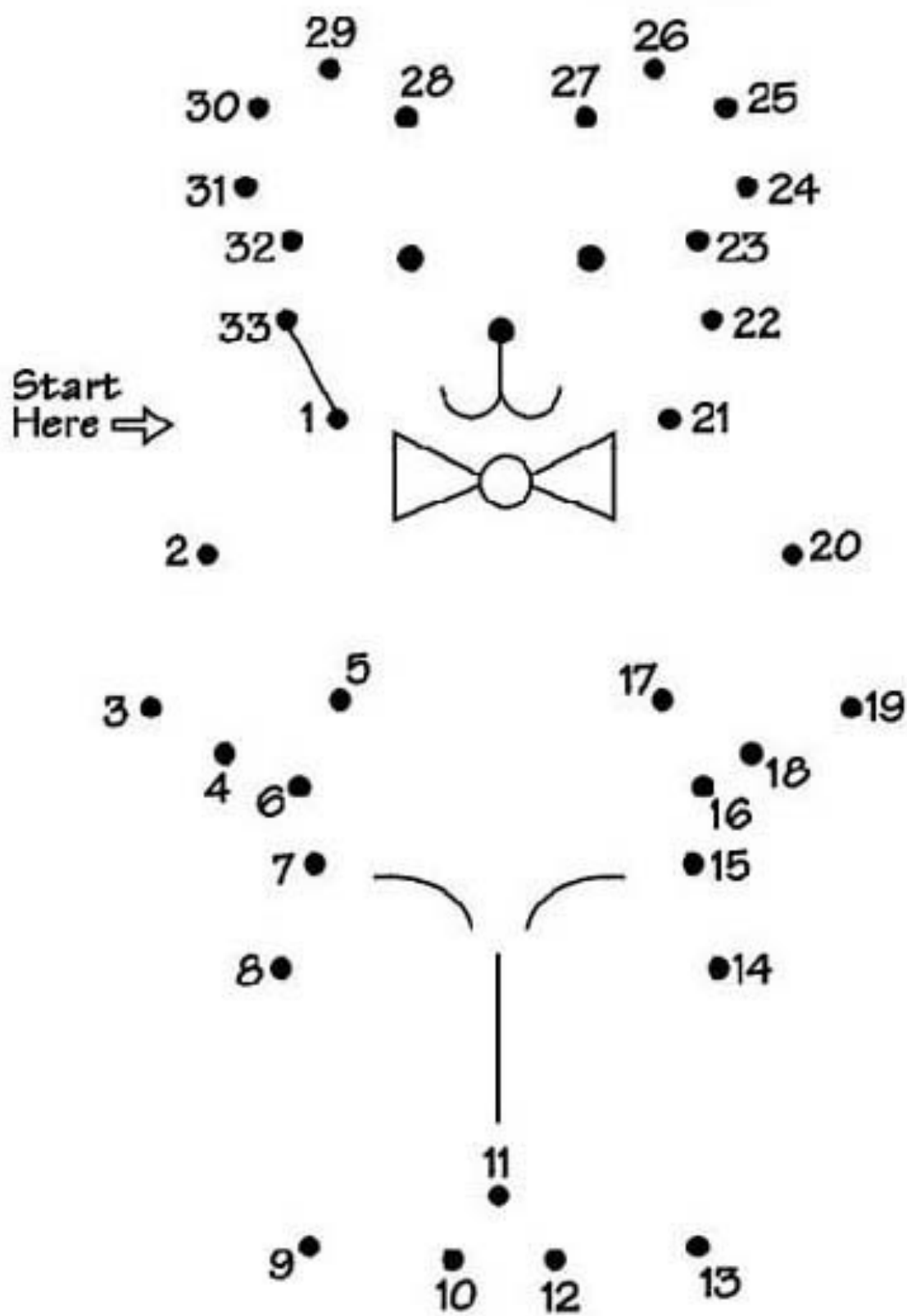
**Can you fill them all? Are they all for you or
are your wishes about someone else?**





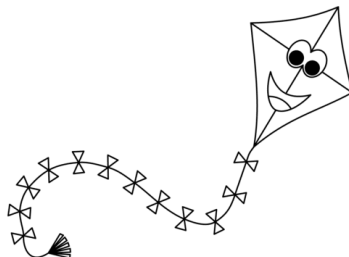
**Can you fill up your person with all the things that are
great about you?**

You can use words or drawings.



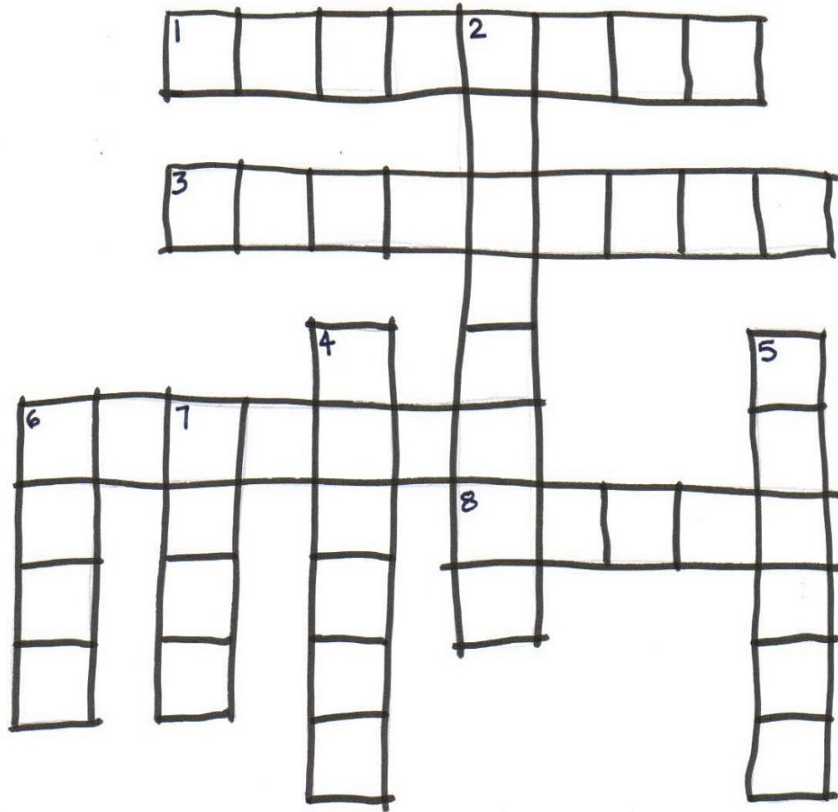
Can you remember your affirmation?.

Write it in the box below.

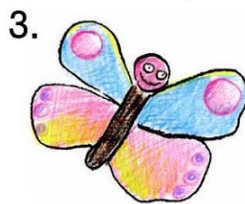


The Very Hungry Caterpillar

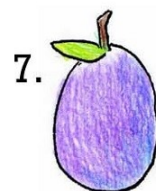
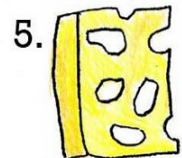
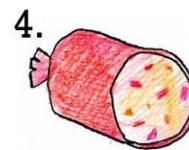
Crossword Puzzle



ACROSS



DOWN



WORD BANK

Cross these words off after you've used them.

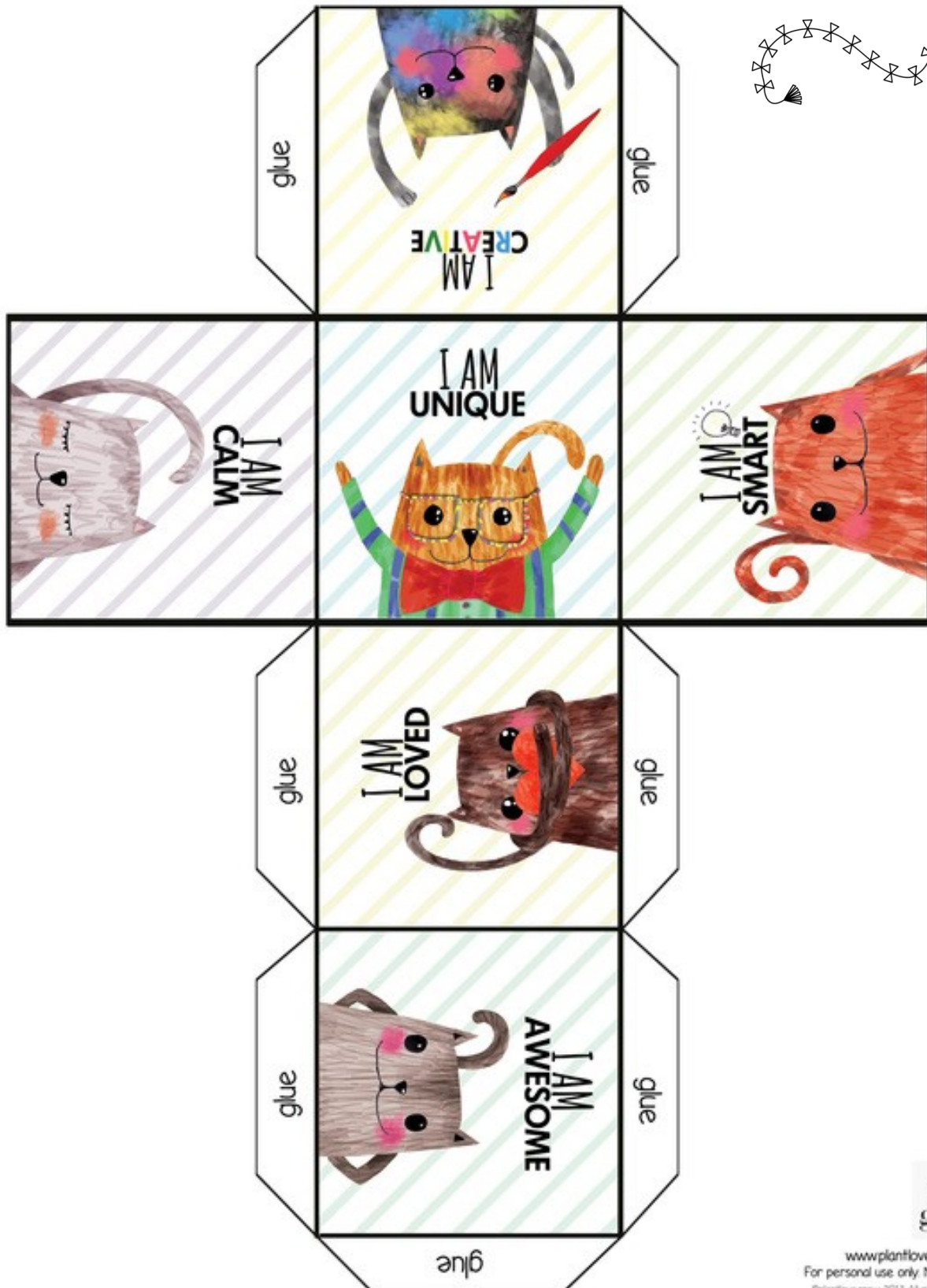
APPLE
BUTTERFLY
CAKE

CHEESE
CUPCAKE
ICE CREAM

LOLLIPOP
PLUM
SALAMI

Can you make your unique cube?

If you need help, remember to say thank you!





Weird Monsters' Ages Logic Puzzle



Buzz



Chomp



Fuzz Ball



Ruff

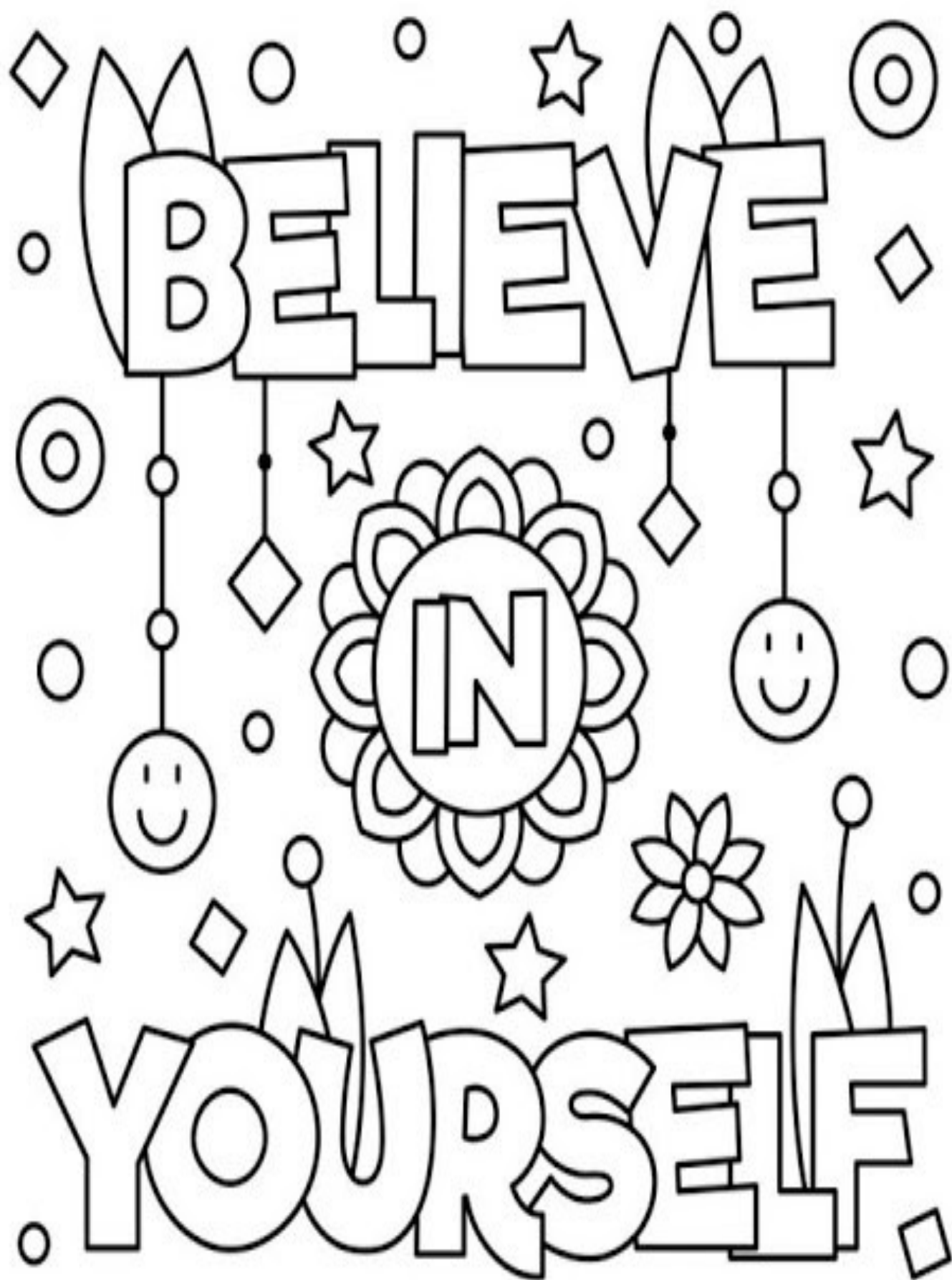


Slimey

5					
6					
8					
9					
10					

Clues

1. Slimey is the youngest of the weird monsters.
2. Chomp has been alive for an odd number of years.
3. Buzz has been alive for the same number of years as he has eyes.
4. Ruff is four years older than Buzz.



Name: _____

Puzzle A-2

Kids' Sudoku

Level: Easy Cheesy

How to play:

Each row (across) must contain the numbers 1 through 9.

Each column (up and down) must contain the numbers 1 through 9.

Each square box must contain the numbers 1 through 9.

	2	8	6	4	7	1	9	3
9	4	1	8				5	6
6		7	5	9	1	2	8	
2	8				9	3	1	7
7	5	3	2	1		6		9
				6			2	
8		5			6		3	
3	6	4	1	8	5	9	7	
1				7		8	6	

8	5	2	7	1	3	8	8	4
8	6	7	5	6	4	8	0	0
1	8	8	9	9	9	6	6	9
6	6	1	5	3	6	8	3	9
3	4	0	2	9	5	0	6	1
7	0	4	3	7	1	2	0	5
6	8	0	8	2	5	6	2	1
1	4	2	2	8	7	4	7	2
2	6	7	5	4	9	9	4	7

1388

6693

1512

6943

4457

7499

5222

7515

6528

7935