

Wow Boards

10 mins

KS 1/2

An activity which highlights the good things that happen in everyday life and the positive effect they have on us and how we feel. This activity is best done as a 1:1 or small group activity.

What you will need

WOW board template

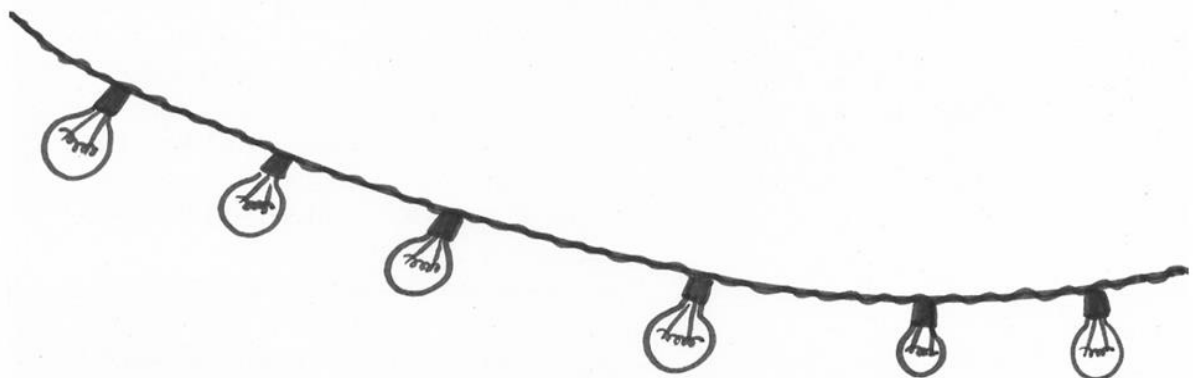
Pen

Method

- Talk to the children about a typical day at school for you and write down your positives (good/nice things that make you happy or feel proud). Say that sometimes when something not so nice happens we tend to forget the good stuff. E.g. You might be late but then someone says something nice and you feel better despite being late.
- Show the children the worksheet and explain that each day they have to write down three positive things that happen to them.
- We want them to aim to record one thing that is good, one thing that is great and one Wow moment or achievement.
- Some children might find it difficult to think of anything good that has happened so it might take some gentle questioning about their day. They also might not be able to think of 3 good things especially at first, depending on the child and their needs.

E.g.

Day	Good	Great	Wow
Monday	I finished my maths	I got to do what I wanted at playtime	I got a certificate



WOW Boards

Day	Good	Great	Wow
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			