

SEARCH FOR THE SILVER LINING

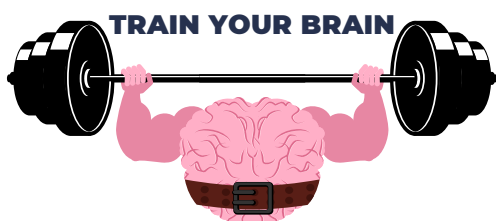


Life is way more fun when we look for the positive in everything. Once you get practised at looking on the bright side you will start to see silver linings everywhere you look.

The next time you are feeling sad or disappointed about something that happened or is going to happen, challenge yourself to think of what the positive things might be in that situation. Write them down in a notebook that you can read anytime you are facing a difficult challenge.

Every time you practice looking for the silver lining, you are training your brain to think more positively and that will be a habit that will create a very happy life.

We've included some tips here of finding the silver linings in different situations.



EXAMPLES OF FINDING THE SILVER LININGS

I knocked my breakfast on the carpet, now I can't eat my toast!

At least nothing broke and I can get some help cleaning up and getting more toast.

It's raining outside and I wanted to play. My day is ruined!

If it wasn't raining I couldn't splash around in the puddles. Yay!

I'm ill so I can't go to school and see my friends.

At least I get to spend time with my pet and family and I can stay in bed and watch a movie or favourite show.