

## ‘You Did It’ jar - Positivity

### EXPLANATION:

Acknowledging positive experiences and achievements has a major impact on positive thinking. A *You Did It* jar provides opportunities for children, parents/caregivers and teachers to recognise the accomplishments of young children.

**YEAR LEVELS:** Prior to school

**STUDENT GROUPING:** Whole class discussion and individual contributions

**ACTIVITY LENGTH:** 20 min discussion and then ongoing use

### LINK TO CURRICULUM:

#### Early Years Learning Framework

#### Learning Outcome 2: Children are connected with and contribute to their world

- 2.1 Children develop a sense of belonging to groups and communities and an understanding of the reciprocal rights and responsibilities necessary for active community participation.
- 2.3 Children become aware of fairness.

#### Learning Outcome 3: Children have a strong sense of wellbeing

- 3.1 Children become strong in their social and emotional wellbeing.
- 3.2 Children take increasing responsibility for their own health and physical wellbeing.

#### Learning Outcome 5: Children are effective communicators

- 5.1 Children interact verbally and non-verbally with others for a range of purposes.
- 5.2 Children engage with a range of texts and gain meaning from these texts.

### SCOPE OF TASK:

Positive thinking results in self-confidence which, in turn, contributes to emotional wellbeing. To help develop positive thinking in young children, it is important to acknowledge the efforts they make socially and the steps they take that lead to personal success in new actions and experiences.

1. During group time discuss with the children how they learn and try new things every day. Question them:
  - When they try something new, can they always do it the first time?
  - If they do not do it the first time, how does that make them feel?
  - Should they try again?
  - Why?
2. Tell the children that it is important to celebrate the positive things we do and feel confident in our achievements.
3. Introduce to the children the *You Did It* jar. Explain to the children that we think that it is important that we positively acknowledge the efforts that everyone makes in the Centre. Provide some examples of positive statements:
  - John tried really hard to swing himself today
  - Anne was kind to Jim when he was upset
  - Michael can put his own shoes on now.
4. Can the children share some positive things that they have seen or achieved? Ask children to share examples to determine their understanding of positivity.
5. Model an example of writing a positive statement and putting it in the *You Did It* jar. For example, 'Miss Jones remembered her hat again — great job'.
6. Tell children that they can share positive things that they did or they saw someone else do and that these positive efforts and actions can be written on *Post it*® notes and added to the jar. Teachers, teacher aides and parents can scribe for children their accomplishments and write them on the *Post it*® notes.
7. At the end of a few days or a week, during group time, the *Post it*® notes in the *You Did It* jar can be read out and everyone can celebrate the positivity in the room. Children can take home their positive notes to share with parents and caregivers.

This activity can be endorsed by early communication with parents/caregivers — seek their support and explain by emphasizing the importance of acknowledging small and great achievements (of self or others) that lead to positivity and feelings of wellbeing. Encourage parents/caregivers to contribute to the *You Did It* jar with acknowledgements of the outside-of-school positive efforts and achievements of the children.

#### RESOURCES:

- Large jar
- *Post it*® notes.

