



## Transcript

### Lily - Lesson 4, Audio 2



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'Positivity Puzzles' lesson plenary.

#### Lily

It's amazing how some encouragement and kindness can have such a positive impact. We're back to school now, and today, our teacher got us to do an activity called, 'Positivity Puzzles'. Basically, each of us had a secret partner and we wrote kind and positive and encouraging things about our partner on some puzzle pieces. (looking through puzzle pieces) I don't know who wrote all of these kind things about me, but reading through them really helps me to feel positive about myself. As I said last time, I'm quite a quiet person in our class and I know I don't have a lot of confidence in myself. But reading through these pieces has shown me that I'm not just 'the quiet one' and that other people do see positive traits in me that I've never really noticed before. (quietly) I'll tell you a secret...my positivity partner today was Emily. Honestly, when I first saw this...I wasn't overly thrilled. I would have much rather written positive things about someone who is actually nice to others...(pause)...but actually, Emily seemed in quite a good mood this afternoon after she read what I wrote on her puzzle pieces. (pause) Maybe she's struggling with something at the moment and getting some encouragement was good for her? I don't know...but I do really hope that, moving forward, everyone in my class remembers the importance of encouraging others and being kind!