

Positive Thought Card Game

Activity Name: Positive Thought Card Game

Category: Emotional Regulation / Cognitive Support

Objective:

To help students develop positive thinking skills and improve self-esteem by reading and reflecting on positive statements.

Therapeutic Value:

This activity supports positive thinking, reduces negative thoughts, and encourages self-confidence. It also helps students practice speaking and sharing in a safe and supportive environment.

Age Group:

Grades 9, Young People

Timing

- **Preparation time:** 10 minutes
- **Activity time:** 15–20 minutes
- **Debrief time:** 10 minutes

Materials Needed:

- Cards with positive thoughts or questions
- Small box or container



- Paper and pen (optional)

Description of Activity:

Students sit in a circle or small group. A container with cards is placed in the middle. Each student takes one card randomly.

Each card includes a positive statement or question such as:

- “Something I am proud of is...”
- “I am good at...”
- “One thing that makes me happy is...”



Students read their card aloud and share their answer. Participation is encouraged but not forced. The facilitator supports students and creates a safe and respectful space.

Debrief Questions:

- How did you feel sharing your answer?
- Was it easy or hard to think positively about yourself?
- What did you learn about yourself or others?

Pitfalls and Precautions:

- Some students may feel shy or uncomfortable sharing.
- Do not force participation.
- Be respectful of students' feelings.

- Ensure a safe and supportive environment

Adaptations:

- Students can write instead of speaking.
- Use simpler sentences for younger students.
- Activate one-on-one if needed.