

# HANDOUT 13A Positive sentences you can use for this activity



A precious thing I was taught was to ...

I feel brave when ...

It makes me laugh when ...

I am proud of ...

I am grateful for ...

If I could, I would ...

I feel peaceful when ...

I am pleased when ...

I feel fulfilled when ...

Smiling makes me feel ...

A person whom I admire is ...

A gift I loved to receive was ...

My favourite song is ...

I appreciate the beauty of ...

A very happy moment in my life was ...

A good moment with my friends is when we ...

I am optimistic about ...

I feel very satisfied when ...

