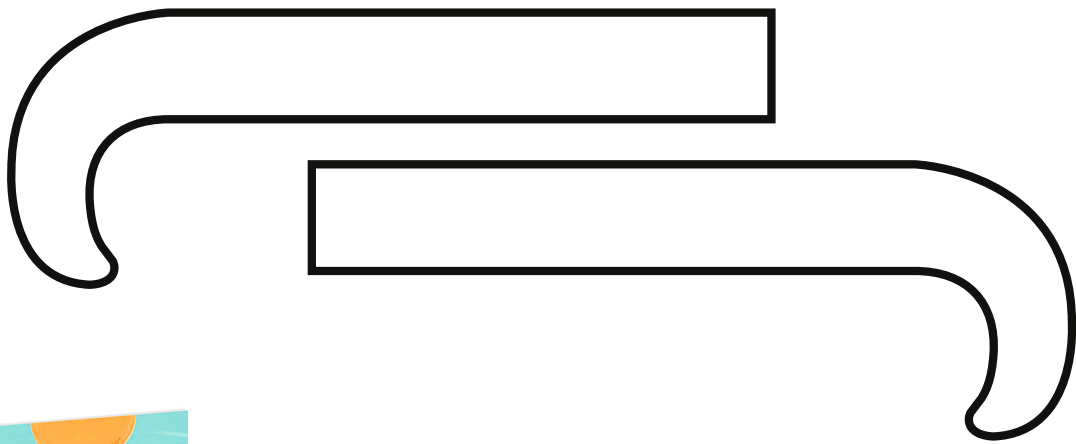
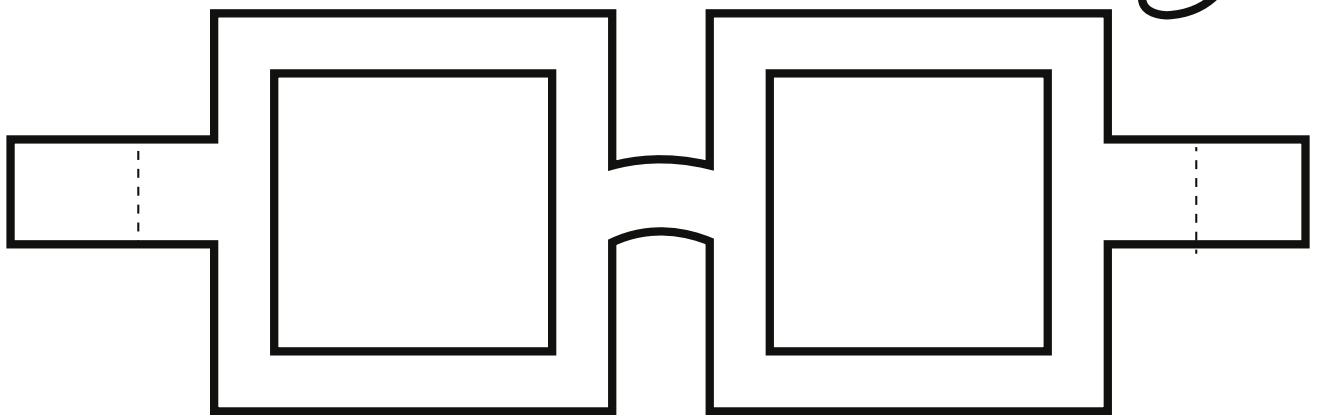
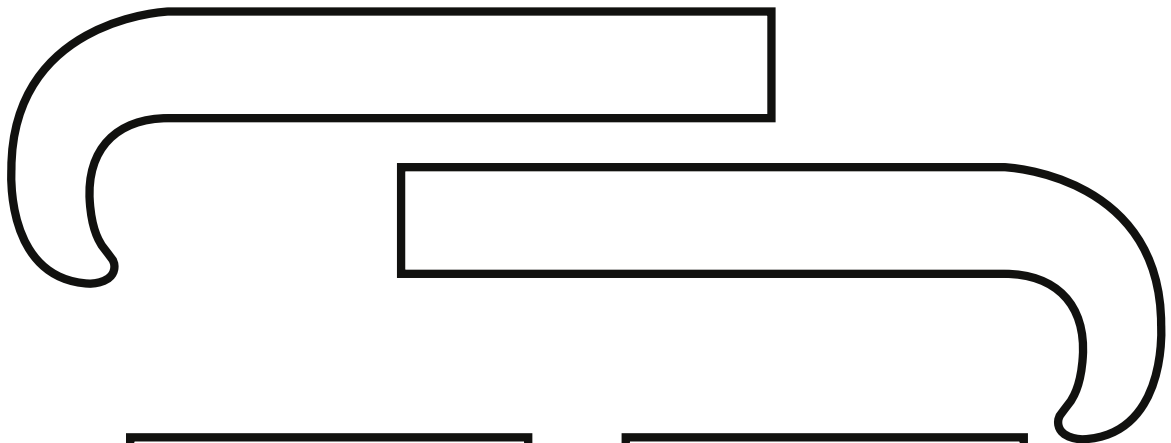
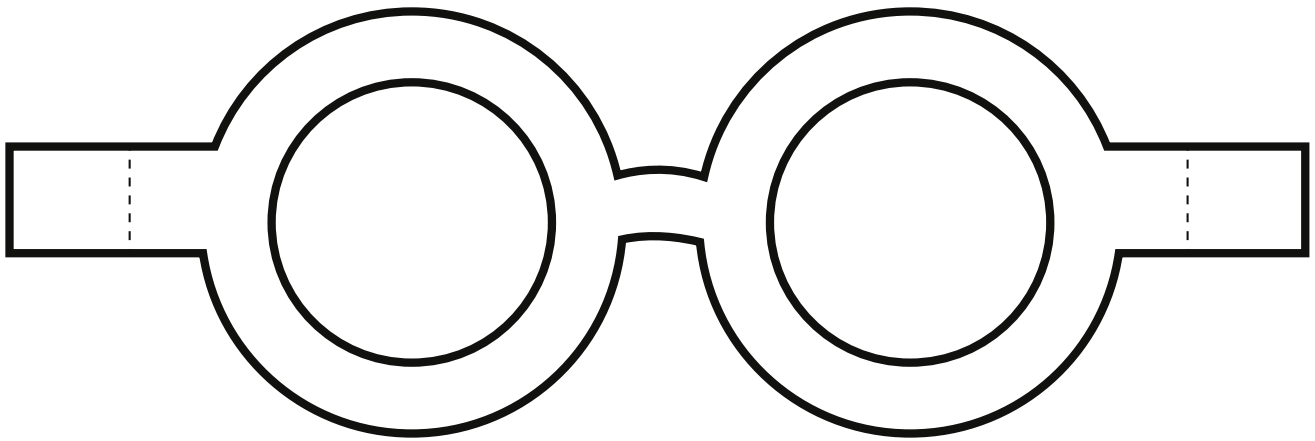


Cut out and design your
very own sunny-side specs!

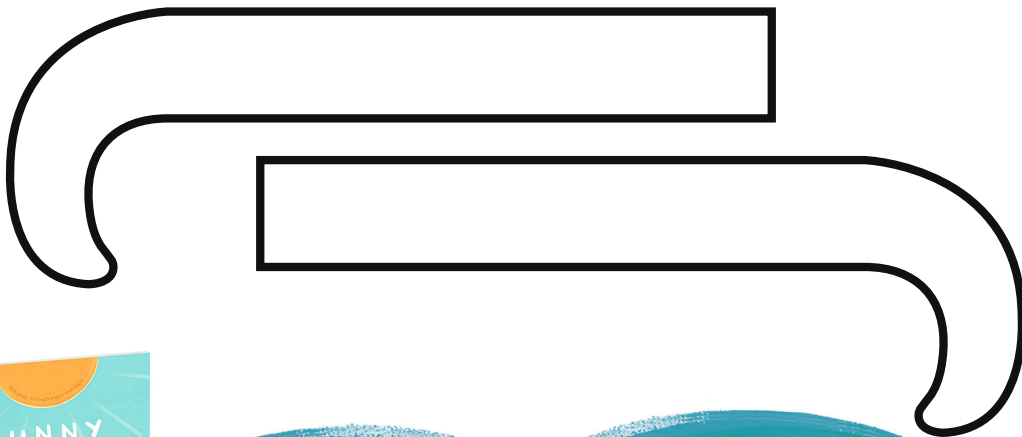
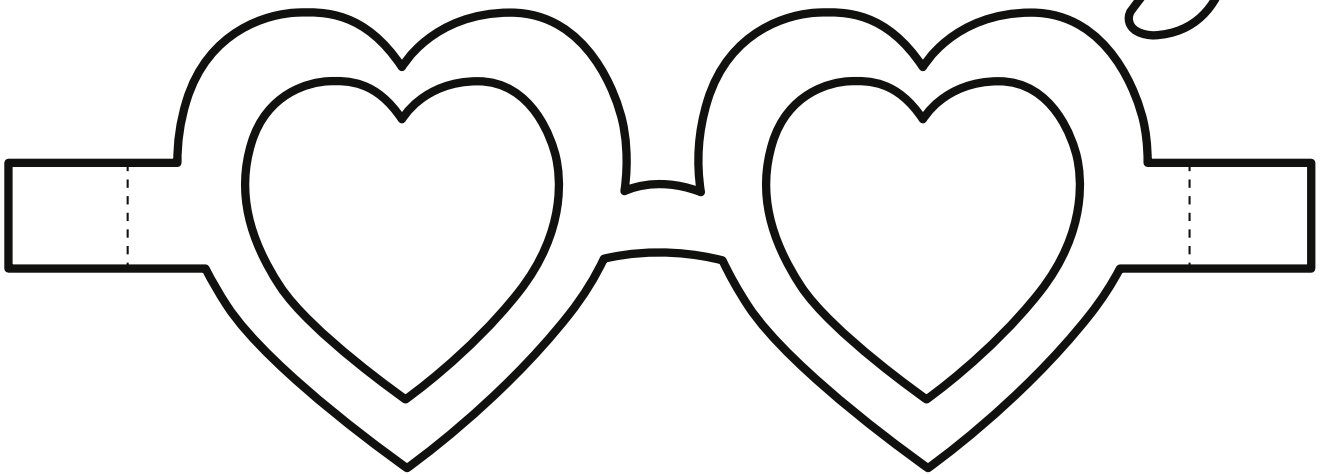
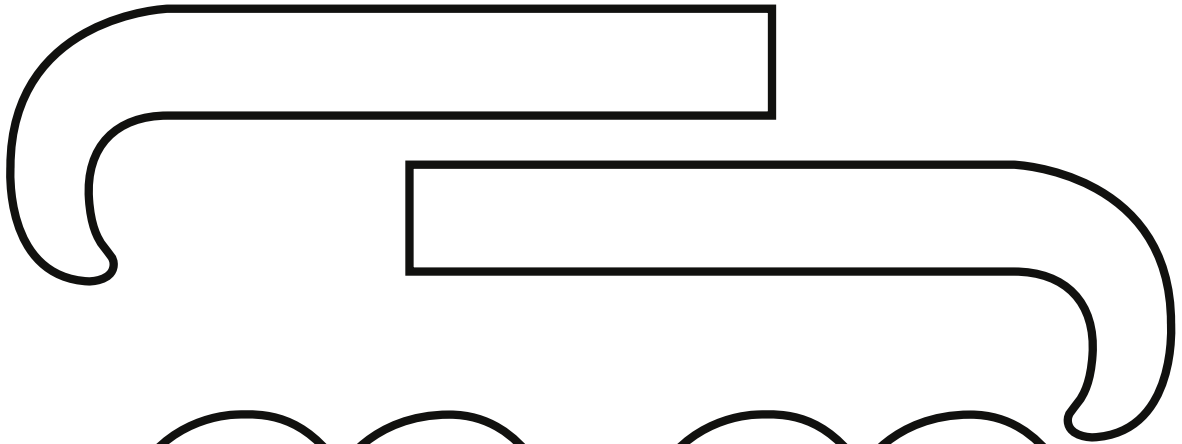
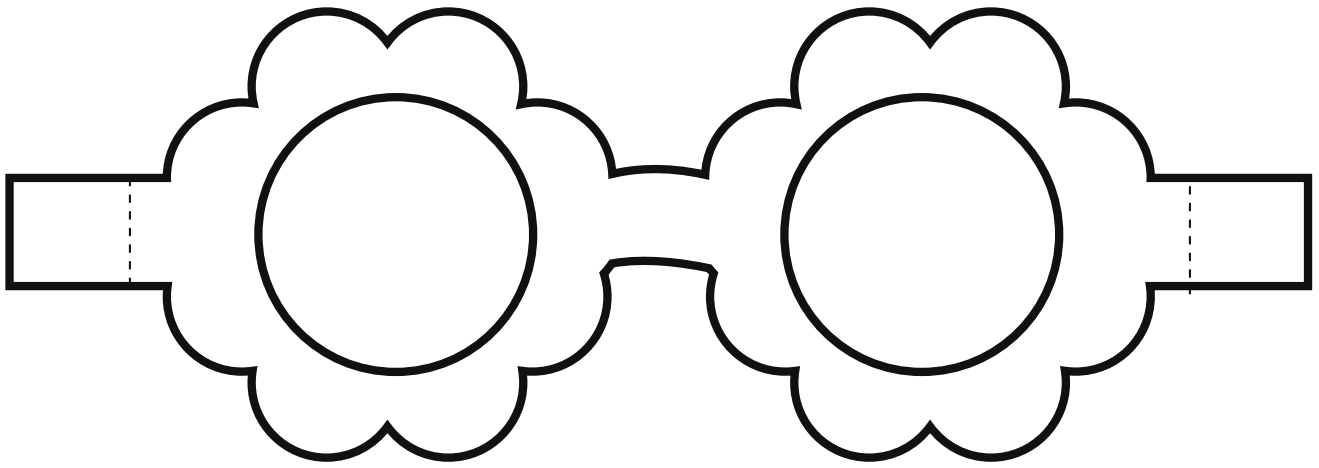


Put on your sunny-side specs, and a bad mood can become a good mood,
a goodbye can become a hello – even the impossible can become possible!

Illustrations from Sunny Side Up by Clare Helen Welsh, illustrated by Ana Sanfelippo (Little Tiger Press, 2024). Illustrations © Ana Sanfelippo



Cut out and design your
very own sunny-side specs!



Put on your sunny-side specs, and a bad mood can become a good mood,
a goodbye can become a hello – even the impossible can become possible!

Illustrations from Sunny Side Up by Clare Helen Welsh, illustrated by Ana Sanfelippo (Little Tiger Press, 2024). Illustrations © Ana Sanfelippo



Write down or draw some of the things you
are grateful for on this 'positivi-tree'.



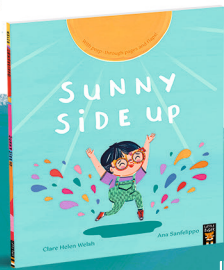
Put on your sunny-side specs, and a bad mood can become a good mood,
a goodbye can become a hello - even the impossible can become possible!

Illustrations from Sunny Side Up by Clare Helen Welsh, illustrated by Ana Sanfelippo (Little Tiger Press, 2024). Illustrations © Ana Sanfelippo



Create your own gratitude journal and write down some of the positive things that happened this week.

MONDAY	I felt good when ... I helped when ... I am looking forward to ...	
TUESDAY	I smiled when ... I felt proud when ... I learned that ...	
WEDNESDAY	I enjoyed myself when ... I was helpful because ... I am grateful for ...	
THURSDAY	I felt happy when ... I was proud because ... I liked it when ...	
FRIDAY	I laughed when ... I helped a friend to ... I can't wait for ...	
SATURDAY	I had fun when ... I did well when ... I made a difference when ...	
SUNDAY	I tried my best to ... I was proud myself because ... I loved it when ...	



Put on your sunny-side specs, and a bad mood can become a good mood, a goodbye can become a hello – even the impossible can become possible!

Illustrations from Sunny Side Up by Clare Helen Welsh, illustrated by Ana Sanfelippo (Little Tiger Press, 2024). Illustrations © Ana Sanfelippo



I'M THANKFUL FOR . . .



Put on your sunny-side specs, and a bad mood can become a good mood,
a goodbye can become a hello – even the impossible can become possible!

Illustrations from Sunny Side Up by Clare Helen Welsh, illustrated by Ana Sanfelippo (Little Tiger Press, 2024). Illustrations © Ana Sanfelippo

