

## My Positivity Peer

Remember Nelly? Nelly is my worry monster. She likes to pop up and remind me that the worst thing in the world is going to happen. Nelly can sometimes be quietened by positive Polly. Polly likes to remind me of all the positive things in my life and the positive outcomes that might happen.



What is your positivity peer called? Can you give them a name?

What are the statements or phrases that your positivity peer says when you are having a difficult time?

What are the types of things they tell you to do?

Why is it important to listen to them?