## Positive Thinking

### Skills Cards

<table>
<thead>
<tr>
<th>Sleeping</th>
<th>Swimming</th>
<th>Sorting out arguments</th>
<th>Telling jokes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Giving compliments</td>
<td>Exams</td>
<td>Fixing things</td>
<td>Caring about other people</td>
</tr>
<tr>
<td>Working with children</td>
<td>Talking to the opposite sex</td>
<td>Writing</td>
<td>Saying sorry</td>
</tr>
<tr>
<td>Being someone who is trusted</td>
<td>Singing</td>
<td>Volunteering</td>
<td>Making people laugh</td>
</tr>
<tr>
<td>Being creative</td>
<td>Drawing</td>
<td>Cooking</td>
<td>Talking</td>
</tr>
</tbody>
</table>

**Coping strategies**

**DEAL**
Developing Emotional Awareness and Listening

**Samaritans**
POSITIVE THINKING

Skills cards (cont...)

- Laughing
- Sport
- Using a computer
- Dancing
- Being generous
- Cheering people up
- Sharing
- Listening
- Writing essays
- Getting on with my parents
- Having ideas
- Speaking in front of an audience
- Keeping secrets
- Saying thank you
- Resisting peer pressure

Coping strategies

DEAL
Developing Emotional Awareness and Listening

SAMARITANS