**SCENARIO**

**S1** - Staying positive in the modern world full of stress is a challenge, especially for teens. In the slide there are several illustrations of some teenage problems. Can you guess them? Still, we should try hard because if you stay positive you stay healthy.

**S2**

**S3** - What is health? ( Ask the ss to explain)

**S4** read the quote

**S5 -** There are two sides of health: physical and mental.

**S6** - What can help us stay physically healthy? (diet, exercises, good sleep).

**S7-** It’s even more important to stay mentally healthy. It means to stay positive in three aspects: emotional, psychological and social.

**S8** - This is what we’re going to focus on.

**S9 -** So, how can we keep emotionally posistive? There are several ways to practice it. ( comment each way: be thankful, express emotions through art, keep a journal, do relaxing activities e.g. reading/listening to music/walking/breathing exercises).

**S10** Practice

- ask ss to name 2 things they are grateful for today

- ask several ss to think about a strong emotion they have recently experienced and draw it, other ss try to guess the emotion

**S11** - Well done!

- Let’s pass over to the next component: psychological one. There are many ways to keep psychological health: setting goals(even small ones) and going to them/ cognitive training(solving problems or riddles)/ practice self-affirmation/ learn new skills/ spend time in nature.

- Let’s practice.

**S12 -** We’ll start with cognitive training. It’s very simple, you’re going to solve riddles.

1. I can't be bought, but I can be stolen with a glance. I'm worthless to one, but priceless to two. What am I? A: Love
2. I’m tall when I’m young and I’m short when I’m old. What am I? A:A candle.
3. The more you take, the more you leave behind. What are they?  A: Footprints
4. What letters are found every single day of the week?  A: D, A, Y
5. What can I see once in a minute, twice in a moment, and never in 1,000 years? A: The letter M.
6. People make me, save me, change me, take me. What am I? A: Money
7. No matter how little or how much you use me, you change me every month. What am I? A: A calendar
8. What is always in front of you but can’t be seen?  A: The future

**S13** - One more thing which is very popular nowadays is self-affirmation. What is it? (something positive you say to yourself to cheer up, to feel more confident).

- I’m sure you all know this one( play the video). Any phrase can become an affirmation, even the lyrics from a song **S14** (read the lyrics). Now I’d like you to work in pairs/groups and think about an affirmation for a person who feels sad/non-confident.

Listen to the ss’ affirmations, then the teacher gives each student a piece of paper with an affirmation.

**S15** - Society plays an important role in our lives. However, it shouldn’t suppress or harm us. To stay positive you should practice empathy, try to listen to people, try to understand them/ make time for social connections/ join a club or volunteer/ limit social media use/ express appreciation to others: if you feel grateful- say “thank you”/ if you like someone’s dress or hair - say “you look great today”/ be polite and respectful, pay sincere compliments. I hope

**S16** you’ll practice all these.

The teacher can pay a compliment to the ss (You’ve been attentive/active, etc.)

**S17**- I’d like to finish our training with this quote : You attract the energy that you give off. Spread good vibes. Think positively. Enjoy life.

**S18** Thank you!



