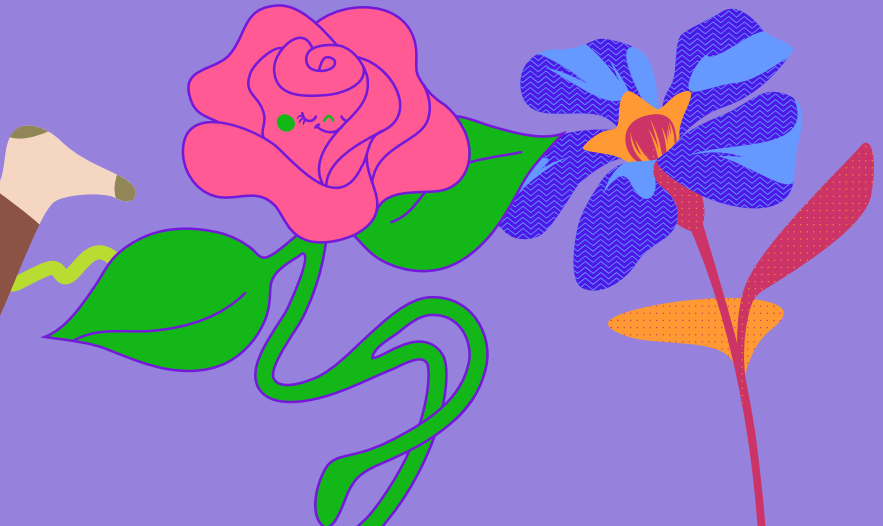
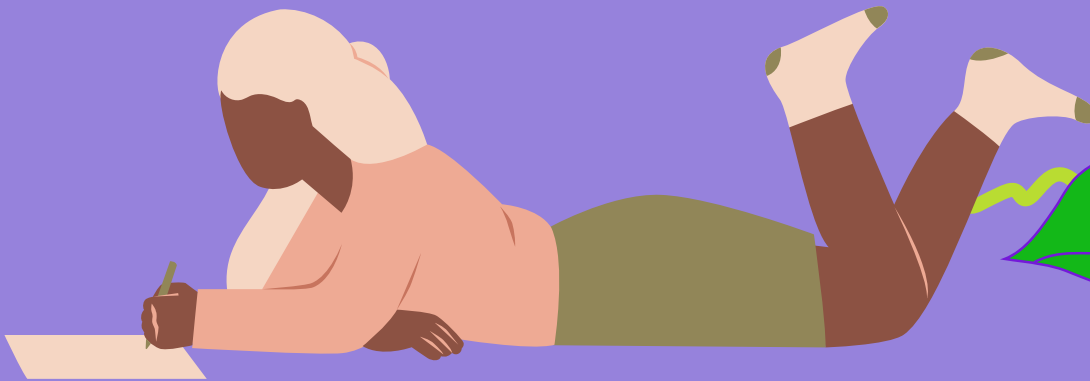


POSITIVE SCRAP BOOK

k-2



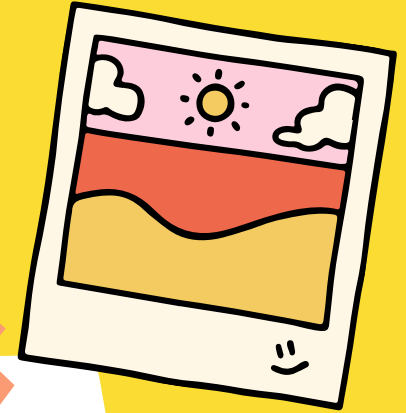
WHY THIS ACTIVITY



**THE POSITIVE SCRAP BOOK
ACTIVITY IS ALL ABOUT USING
YOUR PAST POSITIVE, HAPPY,
AND CONFIDENT MEMORIES TO
CHEER YOU UP OR HELP YOU
WHEN YOU ARE FEELING
DOWN.**



SUPPLIES!



Notebook

Pen

Pictures of positive
memories

Glue-stick

Stickers are optional



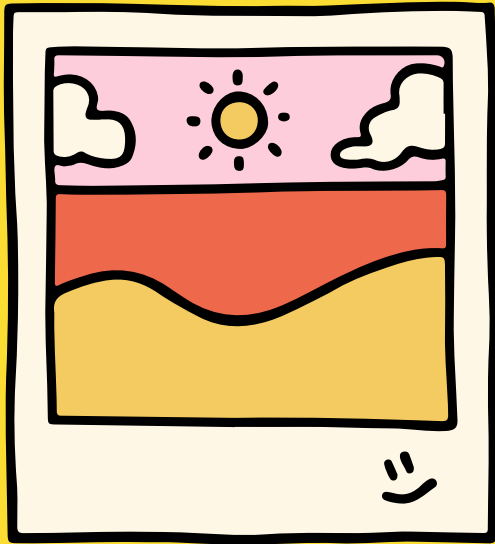
STEP 1



Grab a notebook and
title it "Happy
Memories"



STEP 2



Open your notebook
and start taking your
favorite pictures that
make you smile and
glue them on the page



STEP 3

After you finish adding
your pictures, write a
short sentence on how
that memory was
meaningful next to the
image

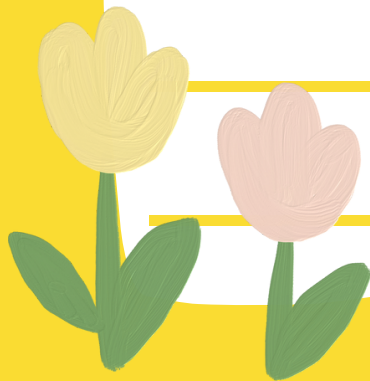





STEP 4



After you finish your
page go ahead and
decorate it with
stickers and glitters of
your choice



HOW THIS ACTIVITY CAN HELP



This activity is helpful
for when you feel
unconfident or want to
remember happy past
memories

