

ENTERTAIN YOUR LITTLE BIRDS THIS SCHOOL HOLIDAYS

BE A HAPPY BIRD

Nurturing a positive environment at home can help your children soar to new heights. Your children need to learn how to identify their feelings and think about events in a positive way. Use these key exercises to help the development of positive thinking so your little birds are happy and energised just like Chuck.

"I'm
so fly!"

- 1.** Ask your kids to do something kind for a friend. Encourage charity work by asking them to donate unwanted toys and clothes to experience the satisfaction of giving
- 2.** Try using positive language for an entire day and remember to look at life with the 'glass is half full, not half empty' approach
- 3.** Before going to bed, ask your little ones to state three things they're grateful for that day, to encourage positive reflection
- 4.** To help your child feel 'fly', ask him/her to describe moments in their life that they've felt happy
- 5.** Encourage your children to express their feelings and spend time listening to him/her

BROUGHT TO YOU BY

THE
ANGRY BIRDS[™]
MOVIE