

WASHING LINE

OF

POSITIVITY

We all need to be reminded of positives from time to time.

## MAKE YOUR OWN 'WASHING LINE' OF POSITIVITY...

- 1** Come up with a list of positive words or important phrases that you value or find inspiring.
- 2** Write or paint each word or phrase separately on your choice of paper.
- 3** Cut a length of the string and carefully attach it across your room.
- 4** Using the pegs, hang your inspiring words or phrases on the string. Any time you need a little lift; sit back, smile and admire your handy work.



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