

# My Mini Wins Worksheet

## TEACHER GUIDANCE SHEET

### Required Material:

- ▶ Pens / Pencils
- ▶ My Mini Wins worksheet

### L.O:

- ▶ To understand why I should record and celebrate my wins.
- ▶ To be able to recognise what a win is.

### STARTING ACTIVITY (5mins)

**GROUP DISCUSSION** – Explain that ‘mini wins’ can be positive things that have happened to us which made us feel good. Have the children think about and share any of their most recent mini wins.

section out the wins into small, medium and large wins, what they were and how we achieved them.

We will then think about what we hope to achieve the following week. This can be to perform a good deed, or work towards a big win.

### MAIN TEACHING (10mins)

Tell the children that it can help us keep a positive mindset to recognise, celebrate and even make a note of our wins and successes, no matter how small we think they are.

The children can use the My Mini Wins worksheet provided to complete their first journal entry, but suggest they dedicate a notebook to a wins diary and fill it out daily, weekly or monthly.

### PLENARY (2mins)

Ask for volunteers to suggest different kinds of mini wins. Then tell them that a win can be anything that makes us feel good, whether we have won a medal or received a good grade, or if we have simply made someone smile. If we feel good about it, it can be considered a win.

**GROUP DISCUSSION** – Ask for volunteers to share their journal entry and explain each of the wins that they have noted down.

See if the children can think of the benefits of recognising these wins more often. Tell them that keeping looking out for them can help to reframe our minds to look out for and spot all the little positives that happen throughout the day.

### MAIN TASK - My Mini Wins (15mins)

Tell the children that for this activity we will start our very own Win Journal. In this Win Journal we will

### DID YOU KNOW!

It was tradition to do every activity 12 times during a Medieval Christmas celebration, to mark the 12 days of Christmas. Such as sharing 12 gifts, 12 feasts or 12 parties.



## My Mini Wins Worksheet

### CHILDREN'S SHEET

You are going to start your very own Win Journal, in which you will section out your wins into small, medium and large wins, what they were and how you achieved them. You will then think about what you hope to achieve the following week. This can be to perform a good deed, or work towards a bigger win.

Use this worksheet to complete your first journal entry, but why not dedicate a whole notebook to a wins diary and fill it out daily, weekly or monthly?

	HOW
LITTLE	
MEDIUM	
BIG	

**ACHIEVEMENT GOALS:**