



News Story – Positive Thinking Day

Babies

This week, the babies enjoyed exploring *Positive Thinking Day* through sensory play, creativity, and stories. Our activities focused on building confidence, encouraging effort and celebrating achievements in a way that is meaningful for our babies.

Playdough Exploration We began the morning with a playdough activity, where the babies used their hands to squeeze, roll and pat the soft dough. Rolling pins and a variety of shapes were available for them to explore. The babies loved pressing the shapes into the dough and discovering the different marks and patterns they could create. Throughout the activity, staff used simple, encouraging phrases such as “You can do it!,” “Have another try!” and “Wow, look what you made!” to promote positive thinking. The babies were gently supported to keep trying when something didn’t work the first time, helping them begin to build confidence and resilience.



Circle Time – Feelings Through Sensory Mats During circle time, the babies explored textured sensory animal mats to express how they were feeling. They enjoyed touching the different textures and choosing the mats that matched their mood. This supported early emotional awareness in a playful, age-appropriate way.



Dinosaur Tuff Tray Fun The babies then explored our exciting dinosaur-themed tuff tray. The tray was filled with dinosaurs for the children to touch, move and play with. They had lots of fun making their dinosaurs stomp, walk, feed, and roar. The babies copied the roaring sounds and enjoyed listening to each other, which encouraged communication, turn-taking and imaginative play while helping them build confidence in making sounds and expressing themselves.



Story Time – *The Tiny Saurus Sends Love* We finished with a cosy story time, reading *The Tiny Saurus Sends Love*. The babies listened carefully, looked closely at the pictures, and joined in with familiar sounds and actions. The story offered a lovely opportunity to explore themes of love, kindness, and positive feelings in a gentle, meaningful way.

It was a joyful and uplifting day, filled with encouragement, exploration, and lots of happy moments.



Toddlers

This week, our toddlers have been learning all about *positive thinking* through stories, discussions, and hands-on activities. We explored how kindness, sharing and good character are important in Islam, and how positive thoughts help us feel happy, confident, and connected to others.

Exploring Positive Thinking Through Stories Throughout the week, the children enjoyed reading a variety of books about sharing, kindness and thinking positively. These stories helped the toddlers understand that using kind words, helping others and showing gratitude are all part of having a positive mindset. We also spoke about how Islam teaches us to think good of others, to be gentle, and to show kindness in our everyday actions.



Friendship Pie Activity – Linking Positive Thinking to Islamic Teachings



One of the highlights of the week was making our very own *Friendship Pies*. The children selected different “ingredients” such as love, kindness, sharing, smiling, and helping. This activity beautifully linked to Islamic teachings about good character. We explained to the children that just like a pie needs many ingredients to taste delicious, friendships also needs important qualities like generosity, respect, and kindness. We also reminded the children of the teaching of the Prophet ﷺ that even a simple smile is considered an act of charity. Through this activity, the toddlers learned that positive friendships grow when we treat each other well, think positively and remember that Allah loves those who show good manners.



Gratitude Tuff Tray Exploration Another activity the toddlers enjoyed was exploring a special tuff tray filled with items that represent things we can be grateful for, such as food, animals, and nature. The children touched, sorted, and talked about the different objects, helping them recognise blessings in their everyday lives. We encouraged the children to say “*Alhamdulillah*” and to think about how Allah provides us with so many wonderful things. This supported early gratitude and positive reflection.



Emergency Services Day – Learning About Helping and Safety During Emergency Services



Day, the toddlers learned about the important people who help keep us safe, such as police officers, firefighters, and paramedics. We talked about how these people reassure us and protect us when we are in danger. The children enjoyed looking at pictures, role-playing with emergency vehicles, and learning simple phrases of thanks. This helped them understand the value of being

grateful for those who serve our community and to say “*Alhamdulillah*” for the safety and care Allah provides through them.





Pre-School

This week, the children have been learning about *Positive Thinking Day* through meaningful activities that highlight kindness, gratitude, and important Sunnah's in Islam. Each activity encouraged the children to think positively, treat others with care, and recognise the blessings Allah has given us.

Daily Registration – Learning Sunnah's During our morning registration, the children continued to build their understanding of key Sunnah's. We revisited practices such as keeping clean, sharing, saying *Bismillah*, and reciting the Du'a before eating. By exploring these Sunnah's every day, the children are steadily developing a strong and meaningful connection to them, understanding that these small actions help us show good character and please Allah.

"Smile, It's a Sunnah" – Creative Frame Making & Photoshoot To celebrate Positive Thinking Day, the children worked together to create a beautiful cardboard frame featuring the reminder: "*Smile, it's a Sunnah.*" They used a wide range of colourful materials—including



tissue paper, pom-poms, sequins, and coloured card—to decorate their masterpiece. Once the frame was complete, the children took part in a joyful photoshoot. They were excited to pose with their big smiles, and we talked about how smiling is not only a way to spread happiness but also a Sunnah taught by the Prophet ﷺ.



This activity helped the children understand that even small acts, like smiling at others, can be a form of charity and a way to show kindness.

Friendship Bracelet Tuff Tray – Kindness in Action At the tuff tray, the children explored a lovely friendship-themed activity. Using thread and coloured pasta, they made their own friendship bracelets. This hands-on



activity supported their fine motor development while also encouraging turn-taking, patience and sharing. As the children made bracelets for their friends, we



spoke about how giving gifts, being kind and sharing are all part of practising our Sunnah's. The children were proud to create something special for one another, and this sparked wonderful conversations about friendship, generosity and showing good character.