



News Story – Positive Thinking Day

On Friday, the children celebrated **Positive Thinking Day** through a range of meaningful and enjoyable activities designed to promote positivity, gratitude, kindness and emotional wellbeing.

Toddlers

The Toddlers also had a lovely time celebrating Positive Thinking Day through a range of fun and meaningful activities. We began by talking about the **Sunnah of smiling** and how a simple smile can make both ourselves and others feel happy.

The children enjoyed making special thank-you cards for their family members, thinking about the people they love and the things they are grateful for. They also had lots of fun creating love hearts using play dough, encouraging them to express love, kindness and positivity through their play.



Outdoors, the children took part in a fun game of **Positive Hopscotch**. With every hop, they landed on a positive attribute and discussed what it meant. For example, the children spoke about the importance of being kind. One child proudly said, **“Being kind is good,”** showing their wonderful understanding.

To end the session, the children enjoyed watching and listening to a nasheed about Sunnah’s and positive thinking. Together, they discussed the importance of saying thank you, showing

kindness and appreciating the people around them.

It was a wonderful day filled with smiles, gratitude, kindness and positive messages. Toddlers thoroughly enjoyed celebrating Positive Thinking Day while learning valuable lessons about positivity, thankfulness and caring for others.





Pre-School

The pre-school team carried out activities that focused on Allah's beautiful attributes in a positive and comforting way. The children were encouraged to think about Allah's boundless love, mercy and the many blessings they receive each day. Through tangible, real-world examples, the children began to develop an understanding of Allah's divine names and their meanings, helping them build feelings of safety, gratitude and comfort.

During registration, we introduced a few of Allah's names at a time. We focused on **Ar-Rahman (The Most Merciful)** and explained Allah's deep care for everything around us. The children discussed how Allah's mercy can be seen in everyday life, such as a mother bird feeding her chicks, the rain helping plants to grow and the love and care we receive from our families.



The children also explored **Ar-Razzaq (The Provider)** through discussions about daily provision and mealtimes. Outdoors, they learned about planting seeds and how Allah sends rain to help them grow, eventually producing food that reaches our plates and helps us to grow healthy and strong. The children shared how happy and thankful they were for their families, parents and everything they have.

The activities encouraged the children to listen, discuss positive affirmations and verbally share the things that made them feel happy and grateful. In the maths area, the children also explored counting and categorising positive behaviours, supporting their number recognition alongside their understanding of kindness and positivity.

The day ended with some beautiful reflections from the children as they shared their blessings. One child said, **"I'm so lucky Allah gave me my mum and dad,"** while another shared, **"I'm happy my mummy gives me big hugs and buys me toys."** Another child said, **"I'm happy for a big house and going to the park."**

These activities helped to foster resilience, hope and gratitude, supporting the children to develop a positive and optimistic outlook while strengthening their emotional wellbeing.