

For all ages

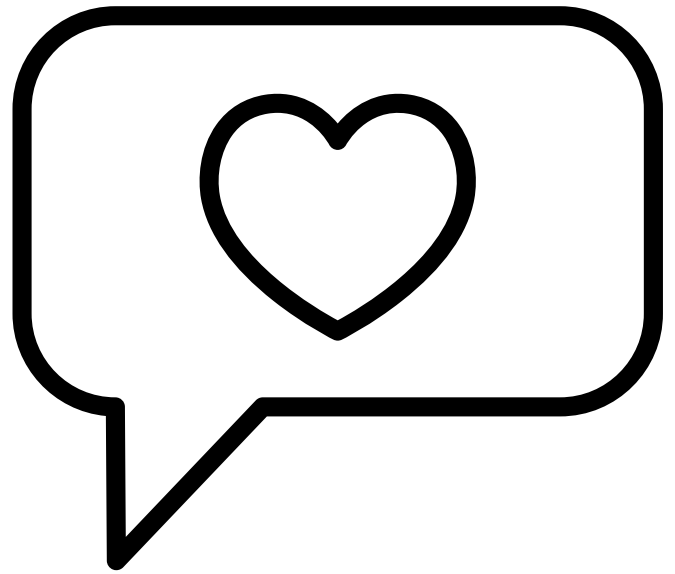
Creating Positivity



DESIGNED BY
BROOKE HEATH

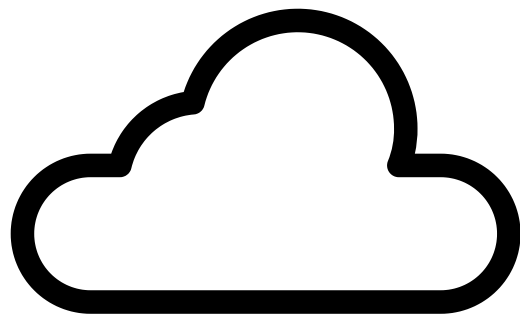
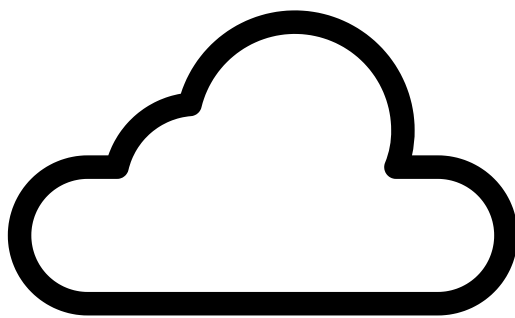
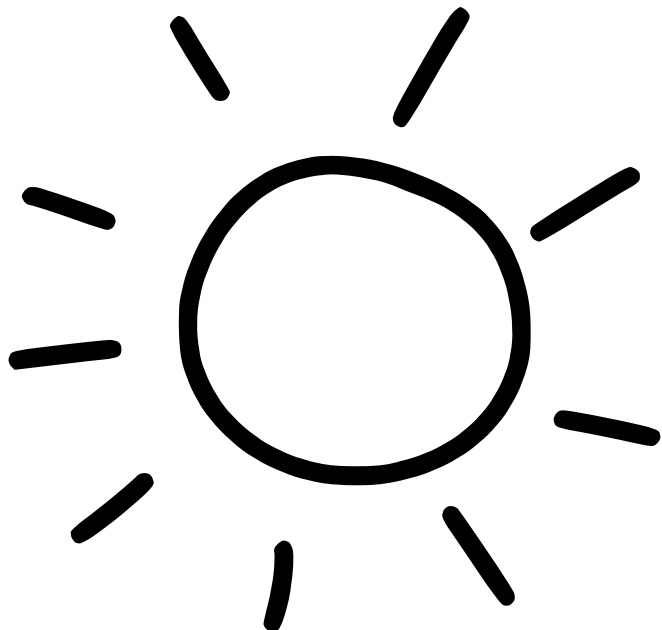


Love



HAS NO

BOUNDARIES



YOU ARE

MY

SUNSHINE

MAKE
*Big
Things*
HAPPEN

The text is centered on a solid orange background. The words 'MAKE' and 'HAPPEN' are in a white, bold, sans-serif font, arched over and under the main text respectively. 'Big' and 'Things' are in a large, white, cursive script font. There are five yellow, four-pointed starburst graphics scattered around the text: one to the left of 'Big', one to the right of 'Big', one below 'Big', one to the right of 'Things', and one below 'Things'.

Daily

AFFIRMATIONS



I am _____

I'm so grateful for _____

I am happy about _____

I am the best version of myself when _____

I grow by _____

I'm so thankful for _____

I love that my _____

I am supported by _____

I hope _____

I will accomplish my dream of _____

I feel _____

I am _____





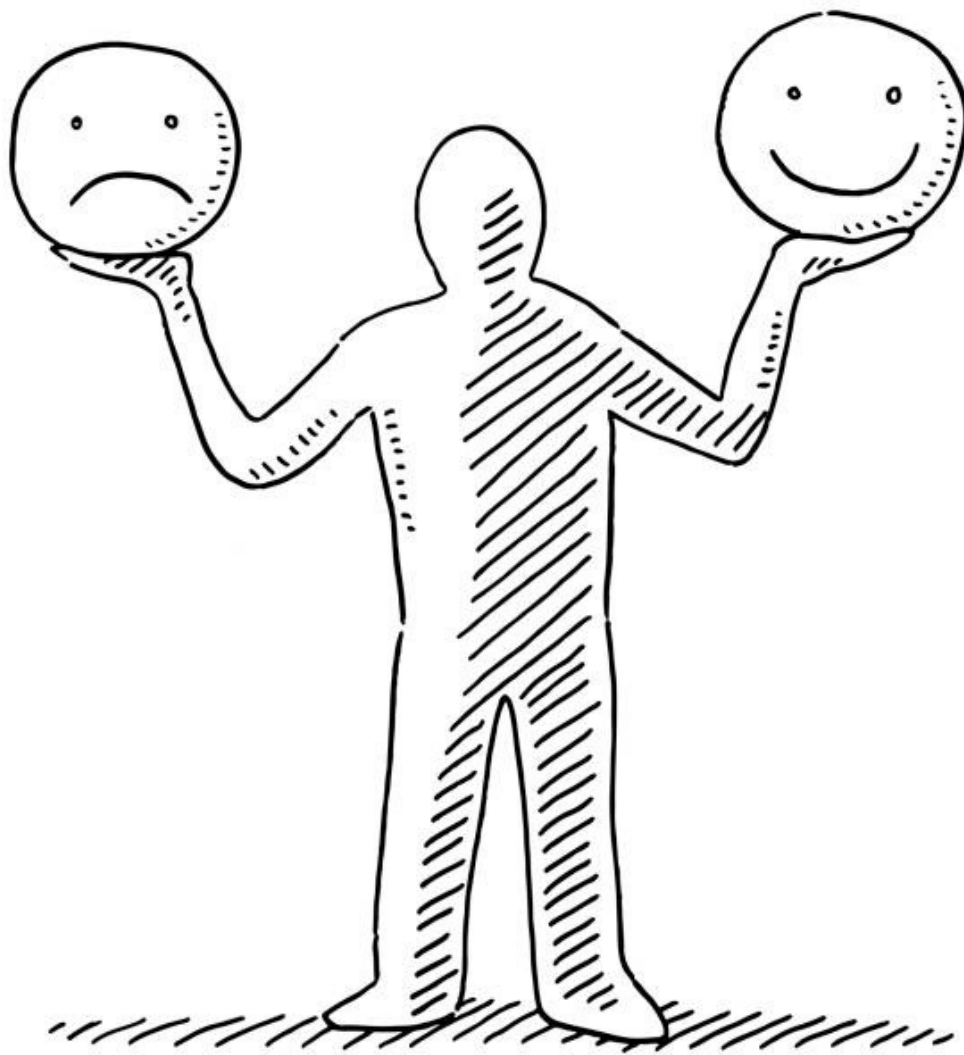
I CAN & I WILL



Embrace
and LOVE
who you
are

WHAT DO YOU LOVE ABOUT
YOURSELF

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-



YOU
DECIDE

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook or legal stationery. There are no margins, text, or other markings on the page.

6 Ways to reduce stress

Exercise

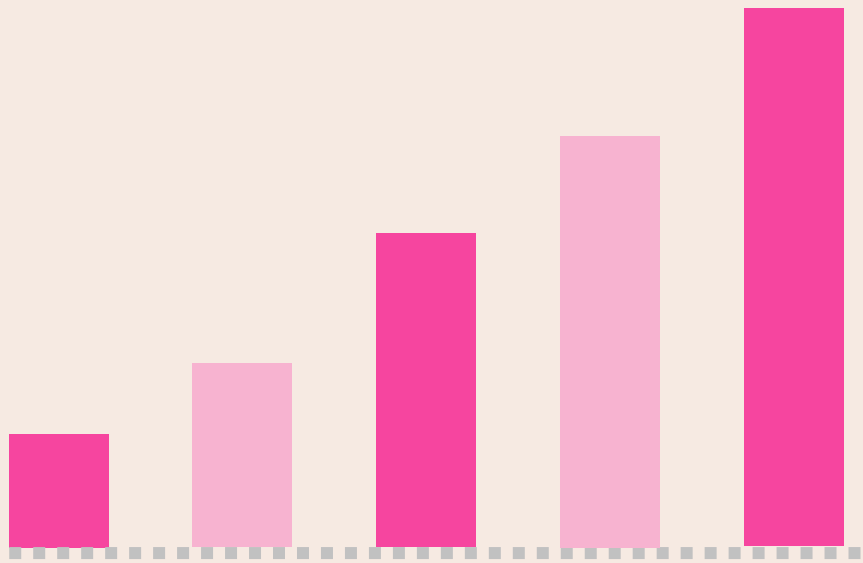
Talk to a friend

Take a nap

Listen to a happy song

Watch a funny movie

Give a big hug to someone



Write down your
dreams

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Check out the 30 day positivity challenge

Wake up with a positive thought	Track how long you spend thinking about something	Tune into your emotions	eliminate negativity from your life	create a daily gratitude journal
venture outside for an adventure	Lose track of time in an activity	focus on taking deep breaths for 2 minutes	learn a new habit, skill, or life hack	complete an activity that makes you proud
focus on one task for an hour	Be confident for a whole day	practice focusing on what you control	make a list of good things in your life now	cheer someone up who needs it
Take time for something that makes you happy	Create an exciting bucket list	forgive someone that hurt you in the past	make a colorful vision board	buy a self-help book
Take a 10 minute dance break	Try a new fun recipe	do something you enjoyed as a child	start a passion project	create a new annual tradition
think positive thoughts for one whole day	take a trip to a park	create a positivity music playlist	plan an epic upcoming holiday	spoil yourself all day long

mIStAkES

are proof

that you are

TRYING

Learn about Keeping Kids Positive

check out my website
keepingkidspositive.com

My goal is to make all children, and as many adults that are interested, work toward Keeping Kids Positive. My website includes a great deal of information on how to motivate children to stay positive and reminds us that doing so can really make a difference in a child's future. Those visiting my website can also participate in an interactive virtual positivity board where we can exchange positive thoughts, ideas, and volunteer opportunities. At only 6 years old, I began competing in pageants and they taught me the value of self-confidence, positivity, and having someone in your corner that you can depend on no matter what. Beyond this, my pageants encouraged me to give back to my community and to make a difference in the lives of others. Over the years I have spent countless hours volunteering with organizations that benefit children in addition to being a mentor for both younger pageant and soccer girls. Mental health issues continue to impact our youth today and we must do our part to be sure it declines. If we all join together in my movement and spend our time Keeping Kids Positive imagine the wonderful world in which we will live.

What is a positivity board??

One of my initiatives with Keeping Kids Positive is to spread positivity through Positivity Boards. I bring a blank white poster board and sticky notes and let people walk by, write positive messages, and stick them up on the board for others to see.

Check out some of the Positivity Boards I've done before!



**Now it's your turn!! Make your
own positivity board**





**You've totally got
this!!**

There are so many ways to impact kids positively, but I wanted to share some of my favorite organizations that I, personally, work with!

Lunches of Love is an organization that provides children and families with lunches on school breaks and throughout the summer. I have been able to decorate lunch bags with positive quotes, pack the lunches, and deliver them to the families in my time working with Lunches of Love since age 6.

Clothed by Faith works to provide clothes to those in need. Whether it be for school, a job interview, or simply to boost someone's confidence, the week's worth of clothes that one receives has an immense impact. In working with this organization I have washed clothes, sorted them, and packed them for delivery.

Kids Meals, similar to Lunches of Love, works to provide pre-school children with the meals they need. I have decorated over 500 bags, worked in the kitchen making lunches, as well as packing them with Kids Meals.

Please help my community by
donating to these amazing
organizations!

LUNCHES OF LOVE

[https://www.paypal.com/donate?
hosted_button_id=QLXYUJT2M26EY](https://www.paypal.com/donate?hosted_button_id=QLXYUJT2M26EY)

CLOTHED BY FAITH

[https://www.clothedbyfaith.org/give-
financially](https://www.clothedbyfaith.org/give-financially)

KIDS MEALS

<https://kidsmealsinc.org/give/>

Learn about the author



ABOUT ME

Hi, my name is Brooke Heath, and I am the creator of Keeping Kids Positive! As a young child, I began volunteering with numerous children's organizations and found that demonstrating positivity helped kids feel special and loved. Children today face many challenges and by motivating and encouraging them, I know we can have a positive influence on their future. Join me in "Keeping Kids Positive" and making a difference in today's youth.



Together we can help all kids be positive!!