It’s All in Your Head

What does your brain contain? The picture of the brain is divided into sections. In

each section write or draw what you spend the most time thinking about.

Optimism is the

ability to look at

the brighter side of

life and to maintain a

positive attitude, even in

the face of adversity.

Next, using a

different color

pen or pencil,

write positive

thoughts to

fill your brain.