

## POSTERS PER LA CLASSE

### EIGHT GREAT THINGS TO DO AT SCHOOL

As you drag yourself out of bed, pull on your school clothes and quickly shovel down spoonfuls of cereal, your only thought is making it to school on time. But how about sparing a minute to think of ways of spicing up your school day? It's easier than you think and the rewards are worth the tiny effort.

#### **2** Listening

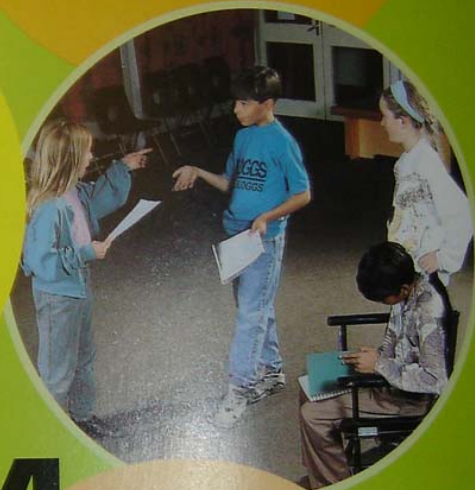
Another simple act, like smiling, that can really spice up your day. Listening is when you hear, take in, understand and act on what is being said. Listening is much more exciting than just hearing. Hearing is about as much fun as going to a football match and sitting behind an enormous pillar – you miss most of the moves. Listening is all about being there and catching every second of exciting action.

#### **3** Doing a good deed

Make a promise to yourself that every day at school you will do a good deed without being asked and without seeking praise. A good deed could be binning litter in the playground, comforting someone who's had a fall, talking to someone who is standing alone, letting someone else have the last serving of chips at lunch. There's no end of good deeds to be done.

#### **1** Smiling

You know that thing you do when your mouth turns up at the corners; it's a smile and it can move mountains, or at least wipe the grumpy expression off a tired teacher's face. A smile is highly infectious and has powerful side-effects. It makes everyone feel happy and friendly.



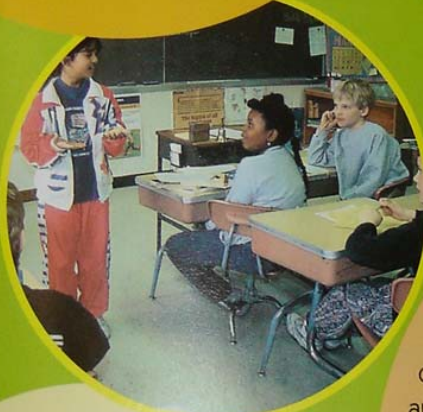
#### **4** Getting involved

You can sit on the sidelines of school life (boring!) or you can get involved and have some fun. Join a sports team or school club, or better still, start one. You and some friends could organize an event for charity, or combine your talents and put on a performance at a class or school assembly.

## 5 Sweating it out

Do you know why Jack and Jill tumbled down the hill? Because all work (carrying buckets) and no play is boring. Though you may groan when it's time to change for P.E, gym, games or team sports, it's important to get some exercise.

Not only does it make you feel better, exercise wakes up your brain and team sports teach you heaps about getting along with others, working together, leadership and about being a 'good sport'.



## 7 Being positive

This is not about being positive that school is a drag, it's about being positive that you are doing your best. If you're just coasting along and doing the minimum, then school will be a drag. Up your attitude and your school day will be something you'll look forward to.

Promise!

## 6 Share-and-tell

In many schools share-and-tell is about what everyone did at the weekend, a story about a sick hamster or showing off road rash from an in-line skating slam. Why not lighten it up by sharing a great joke and a laugh. Happy kids are supposed to laugh 50 times a days and happy adults (that includes teachers), six times a day. Keep your friends and teachers happy and healthy by giving them something to laugh about.

## 8 Chilling out

School's not perfect, but getting angry, sulking and giving up won't solve anything. If things are getting you down, you just have to find somewhere quiet and imagine you're in a favourite place (it could be at home or somewhere you've been on holiday) and doing something you really like. Really throw yourself into this wonderful daydream. When you're overflowing with happy thoughts and there's a smile on your face, lock back into orbit with school. You'll feel much better and be able to sort out any problems.