

5G's Assembly 'Feel Positive'



Barrow Hills
SCHOOL

A Special Message from Chris Hoy to Barrow Hills School



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Chapter 3: Feel Positive



In his new book, Chris Hoy says:

“A change in attitude can have amazing results”

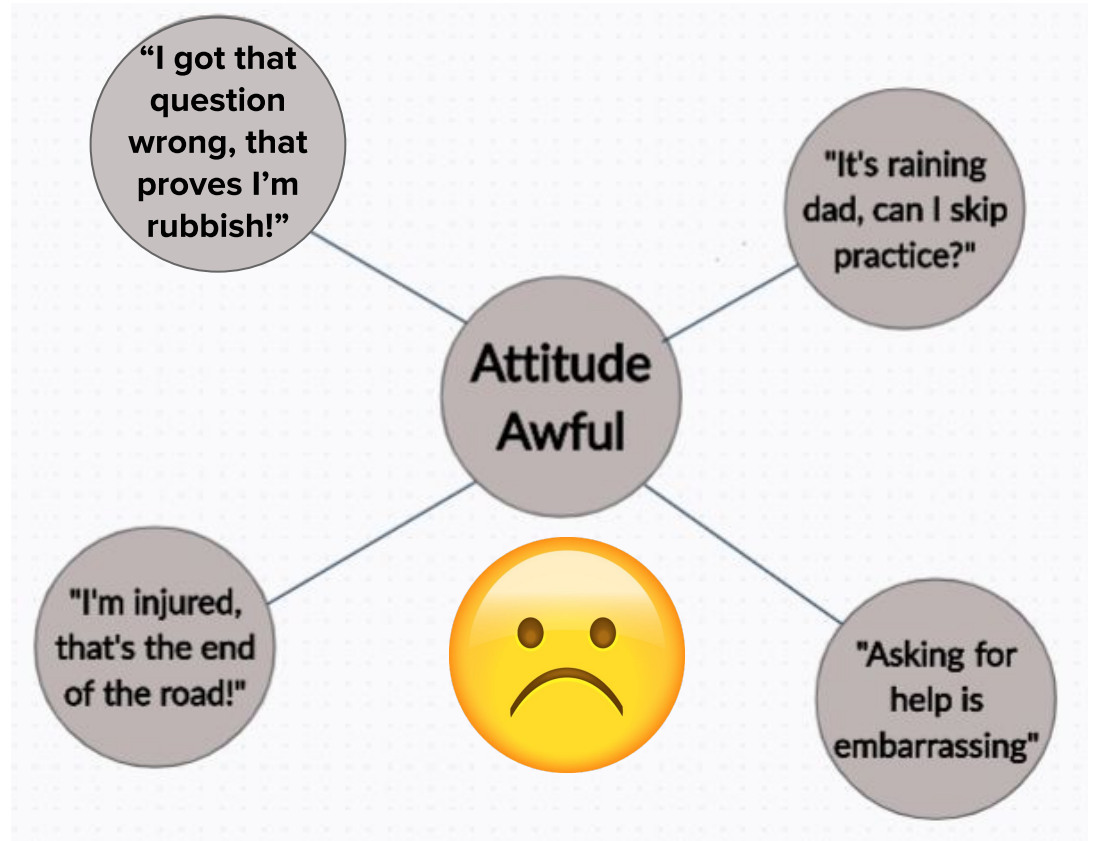
“To turn a dream in your head into reality, you need to have a **positive attitude**”

Attitude Awful

When faced with a challenging situation, what will your attitude be?

In the end, it all comes down to how you decide to react.

Attitude awful focuses on negative feelings and situations and what can't be done.



To boost personal development, you need...

Attitude Amazing

Attitude amazing always finds the positives, is open to advice and constantly looks for ways to improve.

It means you take on each new challenge in the best possible frame of mind.



Let's cast our minds back to
Strictly Come Dancing!...

Positive People - Jamie Laing



From this (4 times)...



...to this (finalist)

Jamie Laing survived the most dance offs in 'Strictly Come Dancing' show history (four in total) and he made it to the final. Why? Being consistently positive and having **attitude amazing!**

Positive People - Matt Duncan

Matt Duncan, international rugby player for Scotland, scored an incredible try for the Barbarians back in 1988.

Matt told Mrs Campbell-John about this specific try and said: **“It’s all about positive attitude and self belief. I was a long way out, surprised to get the ball and had to outpace the cross covering David Campese to score/you have to back yourself in situations like that, don’t you?”**

Watch this [clip](#) to see the try...



Positive Feelings

Think about the times when YOU feel positive. Think about these times when you start to feel negative.

Feel Positive When...

...I am cuddling my dog and cat *JA*

...I have helped someone to do the chores for the family and when there is something to look forward to. *IA*

...I go horse riding or on my bicycle. *TB*

...I am with my family, playing hockey or going outside. *CB*

...I have been swimming or when I have just played hockey. *OB*

...I play football because if i practise football i will get better at it *EG*

...I am riding a horse, hanging out with my best friend and relaxing on the sofa *IC*

...I am dancing,
singing, doing
gymnastics,
climbing or playing
floor is lava. *AM*

...I race in
swimming and
when I practise my
front handspring.
IM

...I play football
and no school.
MT

...I play football
and get fresh air
and swimming.
HP

...I'm mountain
biking and when I'm
in my garden. *CS*

...I am playing on my
switch with my
family and getting
active. *HT*

...I feel positive
when I am
with my dad
on my quad
bike. *RH*

...and when do the teachers feel positive?

Mr Crisell

I feel positive and most relaxed, sitting by a beautiful lake in summer, fishing and just watching nature. It is the calmest place I know.



Mrs Campbell-John

I feel positive when I am swimming or dancing.



Mrs Burnett

I feel positive in life when I am winning! Winning in whatever small way I can - beating my children in monopoly, beating girls in Year 3 on the hockey pitch! Beating a class back into school off the astro. Small wins make me feel positive!



Keep it Going!

Chris Hoy says:

“Don’t forget: the key to making the most of a positive attitude is consistency; in other words, you’ve got to keep doing it, through good days and bad!”



This week's awards

[Awards for this week..](#)



Prayer

Dear Lord,
We thank you for giving us positive times
and for helping us through the negative
times.

Help us to keep smiling and stay positive
in our life's journeys.

Thank you for the positivity from our
families, friends, teachers and from you,
the Lord, our God.

Amen



Hymn (please sing along)



**After the hymn,
click for the
last slide of the
assembly...you
might want to
dance along!**

And finally... (dance along!)

