Name/Title: Positive Ending

Purpose of Event: To reinforce the positive expression of feelings and to provide students a nice way to cool and calm down after an active gym class.

Suggested Grade Level: 2-8

Description of Idea

Have the students sit in a circle formation, all facing inward. The teacher may sit in the middle of the circle, as part of the circle, or move around the outside of the circle.

While sitting in the circle, each student must think of one "good/positive thing" that has happened to them that particular day. It doesn't necessarily need to be about gym class. It could be about a fun game they played, somewhere they went that day, something nice a friend or family member did for them. Going around the circle, each child says their "good thing" until everyone has had a chance to speak.

For older classes (upper elementary to middle school), if there has been tension in the class between students it is nice to change the topic to "say one thing you like about the person sitting beside you". This can also be used to in order to finish off the class on an upbeat note. It is essential to give clear guidelines about what is acceptable - especially for middle school students.

Teaching Suggestions:

This activity does not have to be done at the end of every class.

Submitted by **Nina Schachter** who teaches at Yeshiva Girls School in Pittsburgh , PA . Thanks for contributing to PE Central! **Posted on PEC: 5/17/2000**.

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