

# Positive staff memories



Sharing a positive or happy memory with colleagues can be a great way to brighten up each other's day. This simple activity can help you feel calm and build a sense of togetherness at the end of another unusual school term. Remembering the positives of this year isn't as easy as focusing on the negatives, and although at the time those moments may feel insignificant, it's important to cherish them. Sharing them with your colleagues can be a nice way to focus on positivity and to recharge for the new year.

## Think

Recall a recent positive memory, achievement or moment and expand it by remembering it through each of your senses. This memory could be a conversation, a professional achievement, a person or a place.

## Share

Showcase this moment using photos from your phone or create a visual representation of that memory on a piece of paper. Add this to a dedicated space on the staff noticeboard for others to see and let others know how this makes you feel.

## Reflect

In your own time, reflect on that moment again and recognise other positive aspects of this year that made you feel calm, proud and happy.