

POSITIVITY

Positivity is about finding the good in every situation and spreading that energy to others. At Ripple Effect Martial Arts, we believe that a positive attitude helps you overcome challenges, build stronger connections, and create a ripple effect of encouragement and confidence.

POSITIVI-TEA

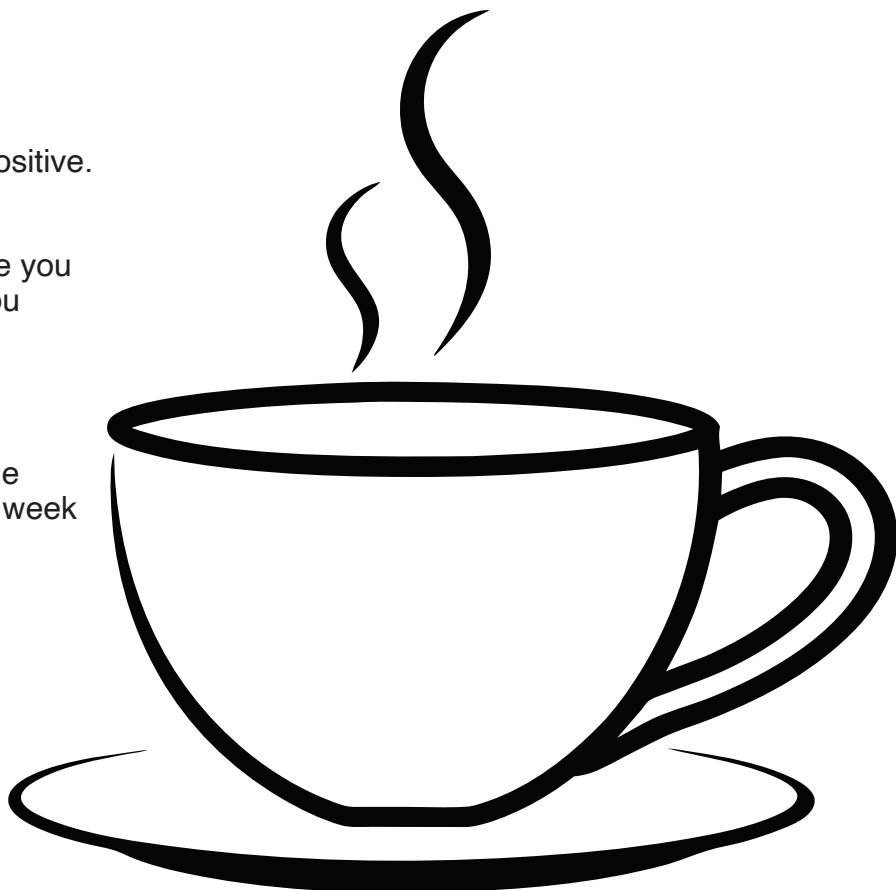
What's brewing in your Positivi-Tea?
 Think about "ingredients" you need to stay positive.
 Write or draw them inside the tea cup.

Examples: what are you grateful for, what are you proud of, what makes you smile, what are you looking forward to, etc.

SIP AND SHARE POSITIVI-TEA

Who will you "serve" Positivi-Tea to? Write the names of 2-3 people you will encourage this week on the tea cup plate.

What will you do to brighten their day?



EMPTY VS. FULL CUP REFLECTION

Describe what an empty cup (negative thoughts, unkind words, etc.) feels like:

Describe a full cup (positive actions, encouragement, etc.) and how it feels to be filled with Positivi-Tea:

FAMILY DISCUSSION

As a family, discuss how you can fill each others Positivi-Tea cup. What are some things you can say or do for your loved ones to help them be more positive.

Write down your favorite ideas. Use the back for more space.
