



# POSITIVE EMOTION

MALTA

THERESA HOBAN AND  
ELAINE BORG

# MEET THE TEAM

- Elaine
- Theresa
- Roberto
- Gaynor
- Boryana
- Annemarie





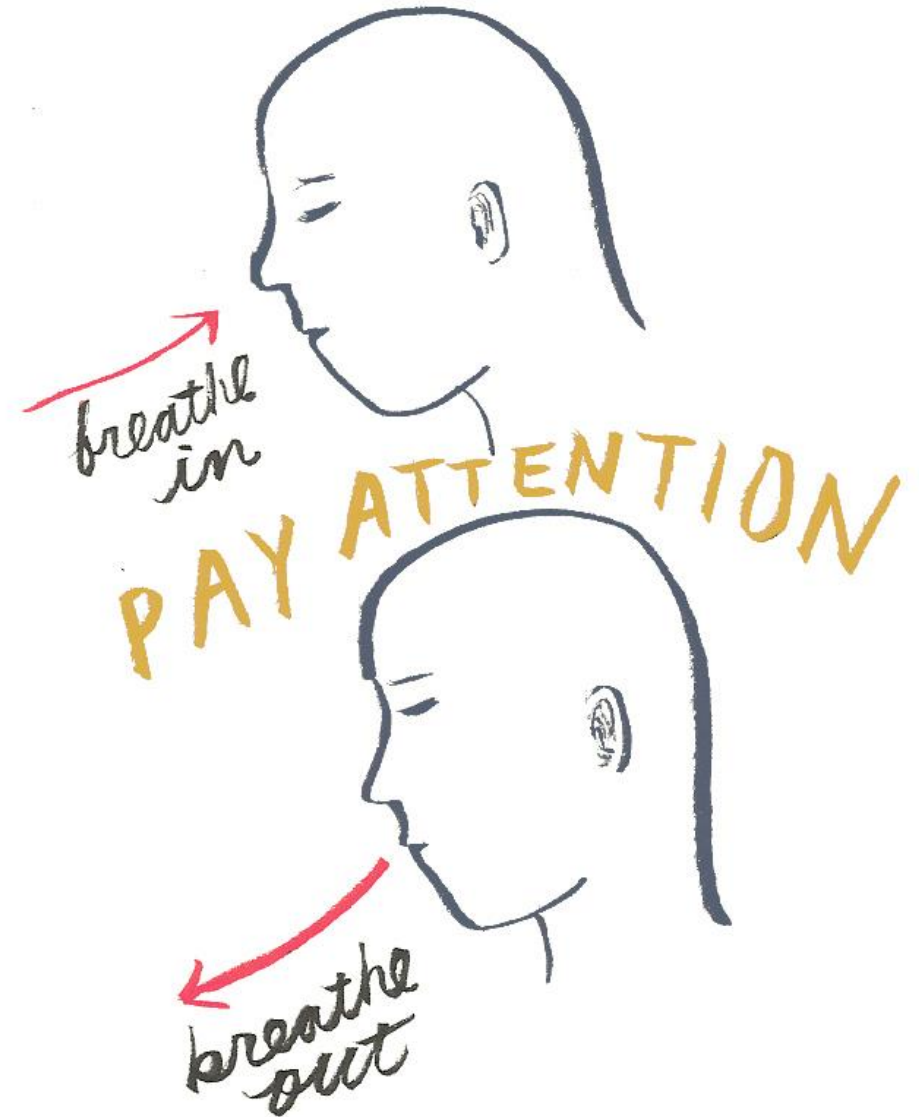
# POSITIVE EMOTION JC

- At college we are fortunate to undertake many activities to encourage positive emotion
- Frequent well-being seminars for students and staff
- Around the college you will find many positive quotes and environment in general





# THE POWER OF COLOUR

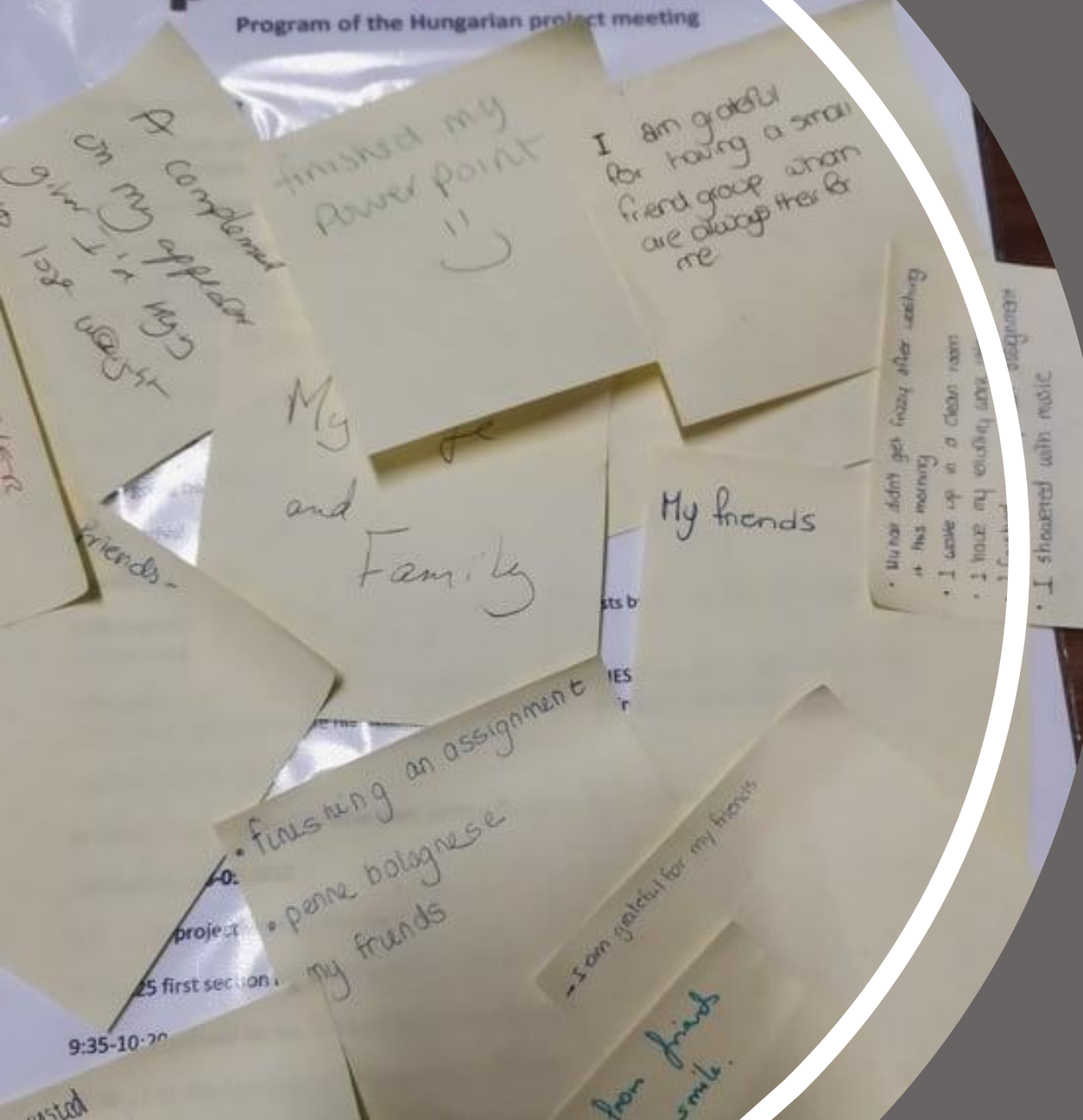


pop!



Erasmus+

Program of the Hungarian project meeting



# GRATITUDE

- Write something you are grateful for, big or small
  - ✓ Something you saw along the way to the session
  - ✓ A new friend you made
  - ✓ Something that made you smile

# 5 SENSES

SIGHT



HEAR



SMELL



TASTE



TOUCH



## ERASMUS POP 2022

theresahoban75 +11 others

7 likes • 1h 5min

Enhance



Add songs



Higher Power

LYRICS Coldplay



# POSITIVE TALK

- Think of something negative you tell **yourself** or a negative thought about **yourself**, or a negative **self-belief**
- What would you say to a friend who thought this?
- Write down a response for example:
  - ✓ everything will be ok
  - ✓ just breathe
  - ✓ this will pass







# RECALL

- Take a few minutes to think about the last time you felt joy in your life, or did something you enjoyed doing rather than doing what you felt you had to do.
- OR think about this session, what did you enjoy or would like to do again for yourself and your own positive emotion?

