**The 14 Bright Paths**

adventure Hello, young explorers! Welcome to part one of this special advfenture, The 14 Bright Paths. This isn't just any booklet – it's a treasure map to discovering the best parts of you and the world around you. Each path in this book is a new page, filled with fun activities, inspiring quotes, and mindful moments, all based on 14 amazing principles that will help you grow, learn, and be your happiest self.

*You might be wondering, "How do I use this book?" Well, the beauty of it is that you can explore it in any way you like! You can start from the beginning and follow the paths in order, or you can flip through and start with whichever principle jumps out at you. Each principle is a new adventure, a new lesson, and a new opportunity to learn something wonderful about yourself and the world around you.*

*As you journey through these pages, it's a great idea to keep a journal close by. Why? Because as you read, think, and do the activities, you'll have lots of precious thoughts and ideas! Your journal is a special place where you can write down everything you're learning and feeling. Think of your journal as a treasure chest, keeping all your thoughts, discoveries, and memories safe. Sometimes, what you think and feel is too important to just keep in your mind – you'll want to remember these moments forever! Oh yeah, you’ll see each pathway has its own mantra. A mantra is something you repeat over and over to yourself until you believe it which is a great technique to use for powering up your day. Say it over and over until you believe it, say it over and over until you believe it, say it, you get my drift…*

*So, are you ready to start your journey on the 14 Bright Paths? Grab your journal, a pencil, and an open heart – your adventure to a positive mind is about to begin. Remember, there's no right or wrong way to explore these paths. Each step you take is a step towards a happier, more mindful you.*

**Path 1.** **The Sunny Side Up**

**Mantra:** I choose to see the good in everything

**Exercise**:

1. ***Find the Sunshine:*** Every morning, think of one good thing you are looking forward to in your day.
2. ***Gratitude Jar:*** Have a small jar where you can write or draw one thing, you’re grateful for each day. This can be something as simple as a favourite toy, a sunny day, or a delicious snack.
3. ***Positive Reflection:*** Before bed, reflect on the best part of your day and share it with someone you love.

**Path** **2. My Goal Garden**

**Mantra:** I know what I want and I grow towards it every day.

**Exercise:**

1. ***Dream Flower:*** Draw or write about something you really want to achieve or do. It could be learning a new skill, making a new friend, or helping someone.
2. ***Step-by-Step Leaves:*** Draw some leaves around a flower, each leaf represents a small step you can take towards your goal. These should be simple, achievable actions.
3. ***Goal Tracker:*** Create a simple chart where you can track your progress towards your goal, colouring in a segment each time you complete a step.

**Path 3. The Extra Smile Adventure**

**Mantra:** When I do a little more, I discover a lot more joy

**Exercise:**

1. ***Extra Smile Tasks:*** Write a list of simple, everyday tasks (like making your bed, helping with a chore, or sharing with a friend). Pick one and find a way to do a little extra in it. For example, if the task is tidying up, you could also organise your books by colour.
2. ***Adventure Map:*** Create a simple map or path with milestones. Each time you go the extra mile in a task, you can move forward on the map.
3. ***Reward Stars:*** For each extra effort, you get a star sticker to place on the map or in a special 'Extra Mile' journal that you can ask your parents/guardians to buy.

***Path* 4. The Truth Detective**

**Mantra:** I think, I question, I understand

**Exercise:**

1. ***Fact or Fiction?*** Get your parents/guardians to create a mix of simple statements or scenarios, some true and some fictional. You then need to decide which are facts and which are fiction, making sure you say why you think so.
2. ***Question Time:*** Ask questions about the things you hear or see during the day. It can be about a story you read, something you’ve learned, or even a TV show.
3. ***My Discovery Journal:*** Parents, please provide a small journal for your child to write or draw their findings, any questions they may have , and the answers they discover. This will really help their process. Where possible, try to make sure the journal can fit in their pocket or school bag.

**Path** **5. The Captain of My Ship**

**Mantra:** I am in charge of my actions and choices

***Exercise:***

1. ***Daily Captain's Log:*** Have fun by keeping a simple daily log where you record a choice or action you made that day that you're proud of. It could be something like sharing with a sibling, completing a homework assignment, or even going to bed on time.
2. ***Challenge Cards:*** Create a set of small, fun challenges that require self-discipline, such as tidying up your room without being asked, reading a book for a certain amount of time, or eating your vegetables. Each time you complete a challenge, you can mark it in your log.
3. ***Reward Chart:*** For every few entries in your Captain's Log, you earn a reward, which could be a small treat, an extra story from parents/guardians at bedtime, or extra play or tablet time.

**Path 6. Teamwork Treasure Hunt**

**Mantra:** Together, we can achieve great things

***Exercise:***

* ***Build a Team:*** Think of a small project or activity you can do with friends or family members, like a mini garden, a craft project, or a clean-up task.
* ***Plan Together:*** Discuss with your team how you will achieve your goal, with each person contributing ideas and taking on a role.
* ***Teamwork Journal:*** Create a journal where you can record what the team did, how each person helped, and what you achieved together.

**7.** **The Belief Balloon**

**Mantra:** I believe in myself and what I can do

***Exercise:***

1. ***Belief Balloon Drawing:*** Draw a big balloon. Inside the balloon, write or draw things you are good at and things you hope to achieve.
2. ***Affirmation Clouds:*** Around the balloon, you can draw clouds, each with a positive affirmation like "I can do it!" or "I am strong and smart!"
3. ***Belief Diary:*** Again, in your journal you can write about times when you tried something challenging and succeeded or kept trying even when it was hard.

**Path 8. The Kindness Garden**

**Mantra:** My smile and kindness make the world brighter

***Exercise:***

1. ***Kindness Flowers:*** Draw a garden with lots of flowers. Each flower represents an act of kindness or a friendly gesture, like saying thank you, helping someone, or sharing.
2. ***Politeness Petals:*** On each flower, write down different polite words or phrases you can use, like "please," "thank you," "you're welcome," and "excuse me."
3. ***Garden Journal:*** Create a journal where you can record acts of kindness and the reactions you observe from others.

**Path 9. My Action Rocket**

**Mantra:** I take charge and make things happen

***Exercise:***

1. ***Rocket Launch Goals:*** Draw a rocket. In the rocket, you can write or draw something you want to start or achieve on your own, like cleaning your room, learning a new skill, or making a new friend.
2. ***Step-by-Step Boosters:*** Around the rocket, you can draw booster flames, each representing a step you can take to start your goal.
3. ***Initiative Diary:*** In your journal, record the steps you've taken towards your goal and how you feel about it.

**Path 10. The Joyful Jamboree**

**Mantra:** I do everything with a happy heart and a big smile

***Exercise:***

1. ***Joyful Activities:*** Think of activities that make you feel really happy and excited. You can draw these activities, like playing a sport, reading a favourite book, or helping cook a meal.
2. ***Enthusiasm Tracker:*** Create a chart where you can track how often you do these activities and note your enthusiasm level. This helps you see the connection between doing what you love and feeling happy.
3. ***Smile Diary:*** Write or draw in your journal about times when you felt enthusiastic and how it affected those around you – maybe you made others smile or encouraged someone to think in a different, more positive way.

**Path 11. The Focus Lighthouse**

**Mantra:** When I focus, I can achieve amazing things

***Exercise:***

1. ***Focus Beam:*** Draw a lighthouse with a strong beam of light. Inside the beam, you can write or draw something you need or want to focus on, like a school project, a hobby, or learning a new skill.
2. ***Distraction Rocks:*** Around the lighthouse, you can draw rocks, each labelled with a common distraction (like TV, noise, or daydreaming). This visualises the idea of keeping away from distractions.
3. ***Focus Diary:*** Record in your journal times when you successfully focused on a task and how it made you feel and whether it improved your performance.

**Path** **12. The Harmony Hive**

**Mantra:** Together, we buzz with success

***Exercise:***

1. ***Bee Team Activity:*** Think of a project or game that requires more than one person, like building a den, playing a team sport, or doing a group art project.
2. ***Hive Roles:*** You can draw a beehive, with each cell representing a role or task in the team activity. Each cell can be filled in by different team members' names and their contributions.
3. ***Teamwork Journal:*** In your journal write or draw about your experiences working in a team, focus on what you learned from the others and how you felt working with them

**Path 12. The Bounce-Back Balloon**

**Mantra:** Every setback is a setup for a comeback

***Exercise:***

1. ***Defeat Diary:*** Draw or write about a time when something didn’t go as planned – maybe you lost a game, had an argument with a friend, or struggled with a task.
2. ***Lesson Leaves:*** On a tree beside the diary entry, draw leaves, each representing a lesson learned or something positive you can take away from the experience.
3. ***Resilience Reflections:*** In your journal, you can regularly reflect on challenges faced and write or draw how you overcame them or what you'll try differently next time.

**Path 13. The Imagination Galaxy**

**Mantra:** My imagination takes me to incredible places

***Exercise:***

1. ***Galaxy of Dreams:*** Draw a galaxy with various planets, each representing a dream, idea, or creative thought you have. This could be anything from inventing something to writing a story or imagining a new game.
2. ***Star Steps:*** Around each planet, add stars that represent small steps or actions you can take to bring your creative vision closer to reality.
3. ***Vision Journal:*** In your journal write or draw about your creative ideas and how you feel when you let their imagination run wild.

**Path 14. The Mountain Climber**

**Mantra:** Step by step, I climb my mountains

**Exercise:**

**Goal Mountains:** Draw a mountain in your journal and label it with a long-term goal or challenge you face.

**Climbing Steps:** Along the path to the mountain top, you can add steps, each representing a small, manageable task or action towards your goal.

**Climber's Log:** Keep a log so you can record your progress, any challenges faced, and how you carried on regardless. Please make sure you reflect on your determination.

*This is the end of this trip but not the journey. There is lots more to come and lots to do before we meet our final destination. So, let’s keep moving onwards and upwards and remember, when you’re climbing up that mountain, don’t forget to stop from time to time to enjoy the view but also to check that you are indeed climbing the right mountain.*