



# Positive Penguins

## Information for Parents

**If you could give your child an opportunity to be more optimistic, happier, resilient and more successful, would you?**

Positive Penguins is a fun educational ipad/iphone app developed by children for children to help them catch, challenge and change their negative thoughts. All kids have negative feelings each day and the key to success and happiness in life is the way you look at things. Depression, bullying and negativity is on the rise around the globe - kids have to learn to challenge their thinking in order to create the future they deserve.

Our feelings are not right or wrong. Feelings come from our thoughts about situations. If we have negative thoughts this usually results in negative feelings. Sometimes our thoughts might be right but often we think things are worse than they really are.



The four positive penguins take you on a journey to help you understand that feelings arise from your thinking and if you challenge your negative thoughts successfully you may be able to see things in a more realistic and even optimistic way.

Give your child the opportunity to flourish.

Download your positive penguin app from the itunes store or  
[www.positivepenguins.com](http://www.positivepenguins.com)





## Just for Kids

### Positive Penguins Word Search

S K P L F S N P S L U P E G O  
 U T T Q M I N F P A O E D X P  
 Y C H N U F C X C S I C U Q T  
 X E O G D D W H I Y G B T B I  
 Y S N O U K C T H V R C I B M  
 Y E I Z L O I H Z I V H T Y I  
 P L L V O V H K O F D O T D S  
 B E L I E V E T R I L O A D T  
 Y N B E S E S I N N C S H U I  
 L P L T I W E Q O Q T E A B C  
 P X P L H N T H I N K C P W G  
 Q Q L A D P F H W U B L P A P  
 G O Y G H Z U L V G E E M D E  
 D E S G N I L E E F U E K H N  
 M E T A E R C H T A O P Q L P

ATTITUDE

POSITIVE

HAPP

THINK

BELIEVE

THOUGHTS

HAPPY

FUN

BUDDY

GAME

OLLIE

CHOOSE

CHOICE

PENGUIN

OPTIMISTIC

FRIEND

COOL

FEELINGS

EVI

PEN

### Positive Penguins Amazing Maze

