

YOU CAN



LIVE



ON THE

BRIGHT



WIDE

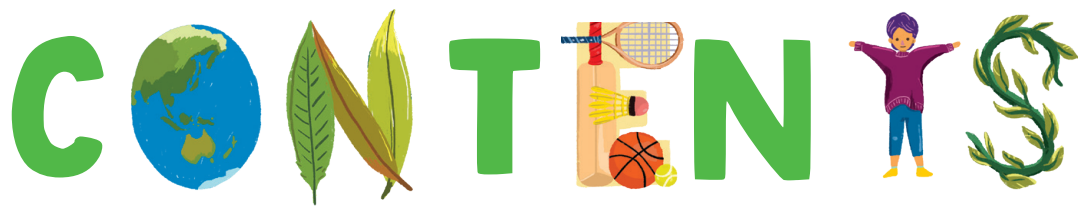


LUCY BELL

THE
KIDS'
GUIDE TO
OPTIMISM

UNCORRECTED SAMPLE

CONTENTS



Introduction	9
1. Mind	12
2. Body	56
3. The Great Outdoors	88
4. Create	104
5. Learn New Things	138
6. Home and Lifestyle	158
7. Help People	196
8. Help the Planet	218
Resources	256
Acknowledgements	260
About the Author	263
Author's Note	264

DO YOU EVER WAKE UP in the morning, look out your window to see the sun shining, and you can't wait to get started on the day? Maybe there's something you're excited about doing, whether it's seeing friends, going for a bike ride, or reading your favourite book. Maybe it's as simple as eating something yummy for breakfast! Whatever it is, you just know that today is going to be a good day.

This is called optimism, or positivity, and it's such a nice feeling to have. It's also something that you can learn, practise and improve, so you can feel that way more often.

Optimism is about feeling hopeful, lighter, and looking forward to your day, week, or even something that's months away. It's about looking on the bright side of life, so you can live on the bright side.

The world is big, busy and bustling. There's so much to keep on top of every day, it can sometimes feel overwhelming. How many times a day does someone tell you to hurry up? Everyone always seems to be in a rush!

The following pages are filled with tips, tricks, tools, activities and recipes. They'll help you slow down and find time for the things that make you excited to leap out of bed each morning, ready to do more of what you love, and find out what makes you uniquely you.

Life is full of ups and downs. No one can be optimistic all the time, so it's all right to feel a bit low sometimes. We all have days where we feel tired and just want to curl up in bed with a good book and a warm mug of hot chocolate.

— INTRODUCTION —

It can be easy to look around and think that everyone else is having an easier time. But feeling blue is normal for everyone. We all face different struggles and often people will hide their emotions, so it can be difficult to tell when others are feeling down. There will always be times when things don't feel like they're going our way, or we feel a bit gloomy and can't explain why. Sometimes, this is because we haven't slept well, we haven't been eating enough healthy food, we haven't been spending enough time outdoors or because there are lots of things we need to get done and we feel anxious.

When you're doing something unfamiliar or that makes you uncomfortable, like starting at a new school, trying a new sport or speaking in front of lots of people, it's okay to feel worried about it. We all have self-doubt, and can lose confidence in ourselves – even the bravest warriors feel afraid sometimes.

If you lose something or someone you love, you will feel sad for a while, and that's okay. These times can be tough, but it's important to know that they don't last forever. The world will become brighter again. The sun will poke through the clouds.

It's important to know that if you're feeling blue too often, and can't stop worrying about things, then there are people you can turn to for support. Talking about things with the right person can get the worries out of your head, and some people are trained to help you do this. So don't be afraid to speak to someone you trust and ask for help.

Remember too that knowing what it's like to feel sad or anxious means we can understand better when other people are having a tough time. We might even be able to comfort them. We're all in this together.

INTRODUCTION

Even on the gloomy days, there's always room for us to learn more about what makes us happy. This book is full of ideas for living in a way where you feel the happiest and healthiest you can be. And who knows, by using some of these ideas, or coming up with some of your own, you might even turn a bad day into a good one!

You don't have to do all the things in this book to live on the bright side. It's designed to show you how to find the things you enjoy. If you try writing a poem and think it's totally boring, but you love cooking, throw your poem out the window and get into the kitchen. Or maybe today's the day to go for a run, not sit inside and meditate. You get to choose what you want to do!

There are so many things to love about the world – we just have to take the time to notice them.

ACTIVITY

In the morning, write down three things you're looking forward to today.

Then at night, write down the three things you enjoyed doing most today. Are they the same as the three things you wrote down in the morning, or did you find something new you enjoyed doing?

GRATITUDE IS A VERY POSITIVE feeling. It can help you focus on the good things in your life and reminds you to be thankful for what you have. Think about all the things in your life that make it brighter. Doing this increases feelings of optimism, helping you feel happier each day.

You can decorate your gratitude journal with pictures of things that make you happy – photos of family and friends, pressed flowers, or drawings of happy things like the sun or a bird singing in a tree.

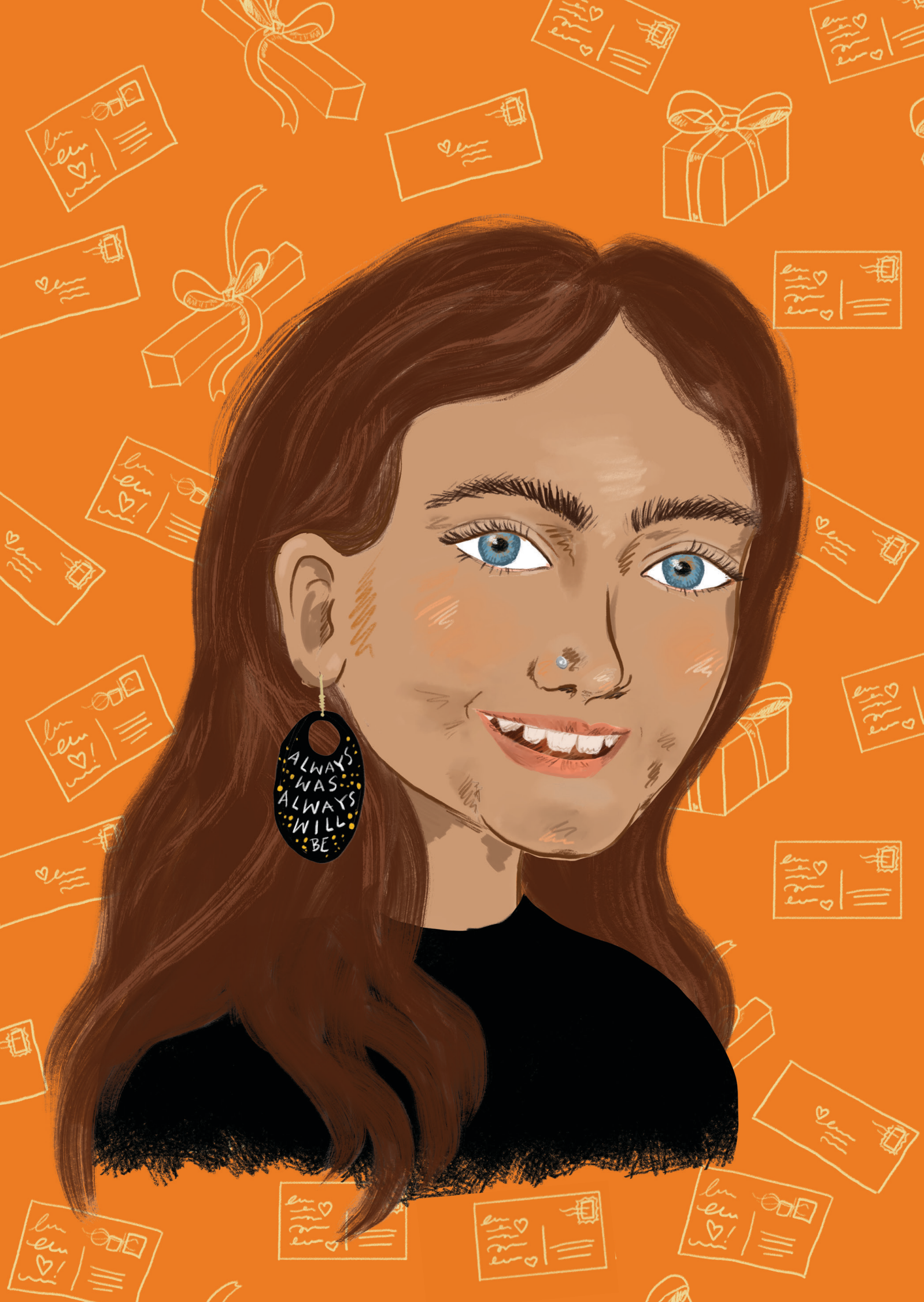
‘IF YOU ARE IN A BAD MOOD, GO FOR A WALK. IF YOU ARE STILL IN A BAD MOOD, GO FOR ANOTHER WALK.’

- HIPPOCRATES,
THE ‘FATHER OF MEDICINE’

ACTIVITY: A GRATITUDE JOURNAL

In a diary, exercise book or on your computer, once a day or once a week (whichever works for you!), set aside a few minutes to write down three things you're grateful for. They can be anything you like, no matter how small or big – it's totally up to you! During the day, keep an eye out for things that you're happy to have in your life so you can record them. Here are some ideas to get you started:

- ❁ A person you love having in your life
- ❁ A pet you have now or one you once had
- ❁ Your favourite hobby
- ❁ Your favourite thing in your bedroom
- ❁ The thing you love most about your house
- ❁ The body parts you're most happy you have
- ❁ The best holiday you ever went on
- ❁ A song that you love
- ❁ A skill that you have
- ❁ The food you're most thankful you get to eat
- ❁ A memory of the last time you laughed uncontrollably or had fun with a friend
- ❁ A time in your life that you're glad happened
- ❁ Something nice that someone did for you
- ❁ Something nice that someone did for someone else – it's reassuring to know that good things happen in the world
- ❁ A challenge you faced that you're glad you overcame
- ❁ Things that you're grateful aren't in your life



MABEL PEISLEY

Kaurna Country (South Australia), Australia

Mabel Peisley and her mum, Tabitha, started an online campaign called Undercover Kindness. Their mission is to show how kindness can change the world. Together, they do random acts of kindness to make the world a nicer place. Many of their activities serve mob. Mabel wants to give back to her community, which has given so much to her and her family. Their motto is that if you can choose to be anything, choose to be kind.

1. How old are you now and how old were you when you and your mum started Undercover Kindness?

I'm ten and I've been doing Undercover Kindness for two years.

2. Where did you grow up and how has that inspired you?

I am a Guditjmarra/Ngarrindjeri/Boandik kid and I grew up on Kaurna Country (Adelaide). I've been really lucky to grow up with culture, surrounded by family and community who love and care for me. We are here because our ancestors fought to survive, and I try to honour them every day by being the best person I can be. My Elders say that we only have things in order to share things, so I want to share happiness with my mob.

3. Tell us more about Undercover Kindness and why you started it.

My mum has always tried to spread kindness everywhere. When I saw how it really made someone's day better, I liked the idea, so we started Undercover Kindness!

TIP

If you're feeling a bit down, ask yourself: 'What's one thing I can do that I know will put me in a good mood?' And then find a way to do it, even if it's only for a little while. Maybe it's calling a friend or talking to a family member, going for a walk, reading a book, or dancing to a song – do the silliest, most energetic dance you can!

GO BIRDWATCHING

Regardless of what's happening with us humans, birds go about their business as though all is well. It can be both calming and fascinating to watch them. Find out the names of the birds in your area, plus the details of what they look like and sound like. You might be surprised at how many species of bird are in your neighbourhood! Use binoculars if you have them, but you can notice a lot by sitting at a window, in your backyard, in a city green space or in a national park. If you do venture further from home, put on some sunscreen, pack a bottle of water and some snacks and get spotting!

Remember to listen – birds are often much easier to hear than they are to see! Maybe you can even imitate the sounds they make.

DID YOU KNOW?

You can attract new birds to your back garden by providing water and places where they can find shelter.

When you put out water, make sure it's shallow so even small birds can stand in it to clean their feathers.

If you have a birdbath, replace the water regularly to keep it fresh. Grow native grasses, flowers, shrubs and trees in your garden so your feathered friends are supplied with shelter, nesting materials and nectar.

ARE YOU BURSTING WITH QUESTIONS all day long about why things are the way they are? There are loads of nifty ways to feed your curiosity about the world around you. Try some of the activities here, or do your own research into other STEM (science, technology, engineering and maths) projects to find out more about how the world works!

STEM ACTIVITY: MAKE A CLOUD

You might love cloud watching, but have you ever wondered how the clouds get up there? Clouds are made when water vapour condenses into droplets that attach to particles in the air. These water droplets then join together to create a cloud. There are billions of water droplets in an average-sized cloud! Here's how to make your own mini cloud in a jar.

What you'll need:

- a jar with a lid
- $\frac{1}{3}$ cup hot water
- 4–6 ice cubes
- hairspray (to create your particles or pollution)

What to do:

1. Pour the hot water into the jar and give it a swirl so the inside of the jar gets warmed up.
2. Put the ice cubes in the lid of the jar, and then sit the lid upside down on top of the jar for about 30 seconds.
3. Lift up the lid, quickly spray a bit of hairspray into the jar, then put the lid back down.
4. A cloud will begin to form in your jar as the warm water turns into vapour. The vapour rises to the top of the jar where the air is cold due to the ice, which causes the vapour to condense. A cloud is made when the water vapour condenses on the particles of hairspray. In nature, these particles are usually things like dust, pollution and pollen.
5. Once enough condensation has formed in the jar, remove the lid and your cloud will float out into the air.



— LEARN NEW THINGS —

RUSSIAN

DOBROYE
UTRO
OR PRIVYET
POKA

ARABIC

AHLAN
MA'A
AS-SALAAMA

JAPANESE

KONNICHIWA
SAYONARA

GREEK

KALIMERA
OR YIA SAS
GYIA SOU (TO ONE
PERSON) OR YIA SAS
(TO MULTIPLE PEOPLE)

CANTONESE

NÉIH HÓU
JOI GIN

SPANISH

HOLA OR
BUENOS DÍAS
ADIÓS

FRENCH

SALUT OR
BONJOUR
AU REVOIR

— LEARN A LANGUAGE —

You might already know more than one language, but it's always fun to learn a new one, even if it's just a few words. There are lots of books to help you learn other languages, as well as classes you can take, free tutorials on YouTube and language apps such as Duolingo. Start an exercise book with your favourite words and expressions in the language you want to learn!

MANDARIN

NI HAO
ZÀI JIÀN

KOREAN

ANNYEONG
ANNYEONGHI
GASEYO

Here are some ways to say hello and goodbye in lots of different languages. There are plenty more that you can find in language books or online!

GERMAN

HALLO OR
GUTEN TAG
AUF WIEDERSEHEN

TURKISH

SELAM OR
MERHABA
GÜLE GÜLE (SAID TO
THE PERSON LEAVING) OR
HOŞÇA KAL (SAID TO
THE PERSON STAYING)

ENGLISH

HELLO
GOODBYE

ELVISH (QUENYA)

AIYA
NAMÁRIË

ITALIAN

BUONGIORNO
ARRIVEDERCI

CLASSIC RECIPES

Recipes that most people know and love are called 'classics'. Here are some simple and delicious examples to try out as you explore more things you can create in the kitchen. Many of these recipes use the oven or stove, or involve chopping ingredients with a knife, so make sure you get a grown-up to help you with these steps.

PRAWN COCKTAIL

This dish is a true classic - simple and fresh!

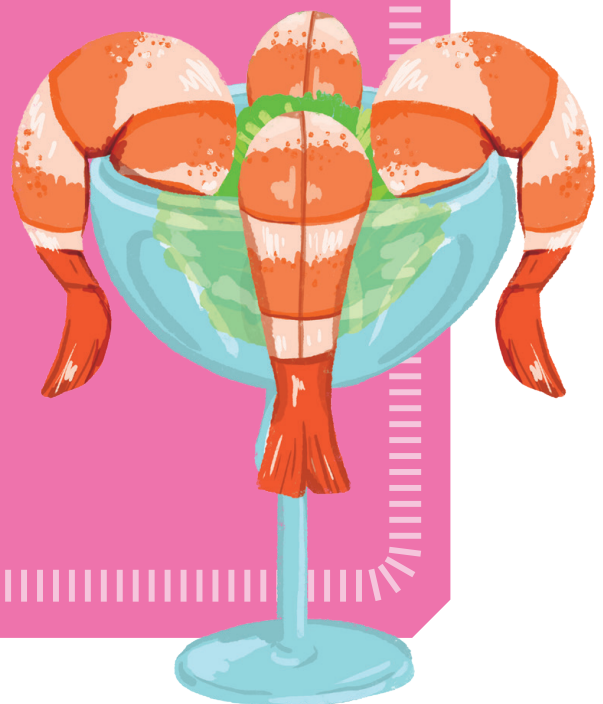
What you'll need:

- 1 tablespoon mayonnaise
- 1 tablespoon tomato sauce
- ½ teaspoon Worcestershire sauce
- 2 large iceberg lettuce leaves, shredded
- ½ avocado, sliced
- 1 lemon wedge
- 8 fresh prawns, cooked and peeled

Serves: 2

What to do:

1. In a small bowl, mix together the mayonnaise, tomato sauce and Worcestershire sauce until well combined. This is your sauce!
2. In two small serving bowls, fill the bottom with the chopped lettuce, then add the slices of avocado.
3. Put four prawns into each bowl, then add a squeeze of fresh lemon. Top with the sauce and serve.



AUTHOR'S NOTE

As you go through life, always remember to take a deep breath when everything feels too big and worrisome. Think about the good things in your life that make you happy, and make time for the people you love, the activities you love doing and for following your passions.

Maybe the thing you love doing hasn't even been mentioned in this book, and you're still looking for it. Whatever it is, when you find it, make sure you hold on to it. Then you'll always have a way to live on the bright side when you need it.

ABOUT THE AUTHOR

Lucy Bell is an author, book editor and music teacher on a journey to live a more ethical, sustainable and mindful life.

After getting her Bachelor of Arts degree at the University of Sydney with majors in English and Ancient History, Lucy studied a Master of Publishing. Now she works for a social-purpose publishing house making big differences and helping fund not-for-profits and charities to close the literacy gap.

Lucy grew up on the NSW Central Coast surrounded by four siblings, a cat, two dogs, two sheep, a lizard, lots of guinea pigs and thirteen chickens. She now lives in Sydney and while watering her balcony garden, dreams of one day owning her own country farmhouse.

Lucy is also the author of *You Can Change the World*, which was the winner of the 2020 Nautilus Book Awards as well as the 2021 Green Earth Book Award. *You Can Change the World* was also shortlisted for the ABIA Small Publishers' Children's Book of the Year 2020, the Australian Book Design Award for Best Designed Children's Non-Fiction Illustrated Book 2020, and the Wilderness Society's Environment Award for Children's Literature 2020.

DO YOU EVER WAKE UP IN THE MORNING, LOOK OUT YOUR WINDOW TO SEE THE SUN SHINING, AND JUST KNOW THAT TODAY WILL BE A GOOD DAY?

This is called optimism, or positivity, and it's such a nice feeling to have. It's also something that you can learn, practise and improve, so you can experience it more often!

This action-oriented, fun-filled book is designed to teach you some easy activities and strategies to make you feel lighter, optimistic about the future, and more confident, empowering and inspiring you to live a happy and healthy life.

You Can Live on the Bright Side contains tips, tricks and tools to help you find the things that make you excited to leap out of bed each morning, ready to do more of what you love, and find even more things that make you uniquely you!

Featuring kids from Australia and around the world who are kicking some amazing goals, this book shows you how to:

- ❁ Cook delicious food to power your brain
- ❁ Decorate your room and create cosy living spaces
- ❁ Get outdoors and have fun
- ❁ Channel your favourite animals through yoga
- ❁ Start meditating
- ❁ Find out what your interests are
- ❁ Speak positively about yourself and others
- ❁ Start growing plants, reading, writing and drawing
- ❁ Help the planet and go on a plastic-free picnic

IT'S TIME TO LOOK ON THE BRIGHT SIDE OF LIFE, SO YOU CAN START LIVING ON THE BRIGHT SIDE!



UNCORRECTED PROOF – NOT FOR SALE




PANTERA
PRESS

SPARKING
IMAGINATION,
CONVERSATION
& CHANGE

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