



**PosEd Day 2023, June 9th**

Primary School Presentation

Date here





#PESA

**Colour Your Threads!  
For Pos Ed - June 9, 2023**



# Welcome to Positive Education!

Did you know that Positive Education is a way of teaching that combines the science of happiness with traditional education?

It helps us learn how to be happier and healthier, both in and out of the classroom.



# The Benefits of Positive Education

By learning about Positive Education, you can learn about your strengths and develop skills like gratitude, resilience and mindfulness, which can help you feel more confident, calm and happy.

This can also help you do better in school, and in life!





# What is PosEd Day about?

To celebrate PosEd, PESA runs an annual fundraiser called "Colour my Threads" to help raise money for our Positive Education organisation (PESA) and raise awareness about the benefits of PosEd! By participating in fun and creative activities, you can help spread awareness about PosEd and raise money for a great cause!





# How Can You Get Involved?

There are lots of fun and easy ways you can get involved in the Colour my Threads fundraiser. You can hold a Superpower Character Strength dress up day, have a picnic, or even bake some treats to sell! The possibilities are endless!

Find a list of positive activity ideas on our PosEd Day page:



# Let's Make a Difference!

By participating in the Colour my Threads fundraiser, you can help make a difference and support Positive Education. Let's spread joy and positivity while also raising money for a great cause!





**Thank you!**

More info: