

Good vibes only



Better
together



45 mins



Jump
straight in

Aim of activity

Had enough of negative messages? Change them into something positive and spread the joy!

What you'll get out of it

- Discover what you're passionate about.
- Spread positivity from your unit.

What you'll need

- A selection of newspapers and magazines
- Scissors
- Pens and paper
- Craft materials (optional)
- Internet access (optional)

Note to leader

Girls should not include full names or identifiable personal details in their vlogs.



WE DISCOVER, WE GROW

Girlguiding



What to do

- 1 Look through the newspapers. Are the articles mainly positive or negative? Do they spread hope or fear?

Think about these questions with your unit.

- What do they talk about?
- How do you think they could make people feel?
- Are any specifically directed at people or groups?

Knowing what's going on around the world, whether it's good or bad news, is important. But is there a better way to tell bad news stories without spreading fear or targeting people?

- 2 Now look through your magazines. What do they focus on? Do they talk about the same things as the newspapers? Do you think their messages would affect people more positively or negatively than the newspapers?

- 3 What if you had the power to only put out positive messages to the world? Think about what you'd say. Cut up the newspaper headlines and rearrange the words to create your own hopeful headlines. You're going to shine a positive light on things, so good vibes only!

Think big. What amazing things are people doing around the world? Wouldn't it be great to hear more positive and celebratory stories in the news? You could look online for some inspiration.

- 4 Time to create your unit's very own positive newspaper. Choose a name for your newspaper and put the headlines you've made in order. Grab some pens and paper, then start filling in the articles and making your newspaper stand out. What would make it attract attention on the newsstand?

Try it this way

Don't want to write a newspaper? Why not create a spoken word piece, vlog or rap spreading positive messages?

- 5 How did you feel celebrating great things happening, and to get your hopeful messages out there? How could you help share more positive news with your friends, family and community?

Take it further

Take your positive passion to the next level – find something you're passionate about and celebrate it. Why not start a positive hashtag campaign? Little things can often make a big difference.