

*Positive Action* is a proven evidence-based program for improving academics, behavior, and character. The program helps young people achieve excellence by meeting their needs, challenges, and goals. Children in elementary school in School District 27 are participating in *Positive Action*, as well as in community agencies such as the Boys and Girls Club.

*Positive Action* consists of five components. It works by teaching and reinforcing the intuitive philosophy that you feel good about yourself when you do positive actions and there is a positive way to do everything. The program teaches the positive actions for the physical, intellectual, social, and emotional areas of the self.

The philosophy is illustrated by the Thoughts-Actions-Feelings Circle where positive thoughts lead to positive actions, positive actions lead to positive feelings about yourself and positive feelings lead to more positive thoughts.



**Words of the Week** help focus attention on a single Positive Action concept. The words have been selected to correspond with specific Positive Action lessons that children are experiencing in their classroom and in community settings.

For more information about *Positive Action*, and to see how you might get involved, please contact:

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