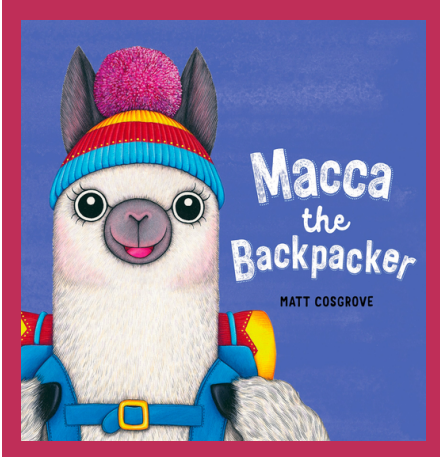


# Macca the Backpacker



Written and illustrated by **Matt Cosgrove**, *Macca the Backpacker* is the story of Macca; a young, carefree alpaca, who sets out on a mountain adventure.

In leaving his friends at home and venturing up the big mountain alone, Macca shows us that when things get tough, thinking about positive words from our friends can help us get through!

**Curriculum Links:** HASS, Literacy, Visual Arts

**Age Range:** Years K-3

## ACTIVITY: PICTURE POSITIVE!

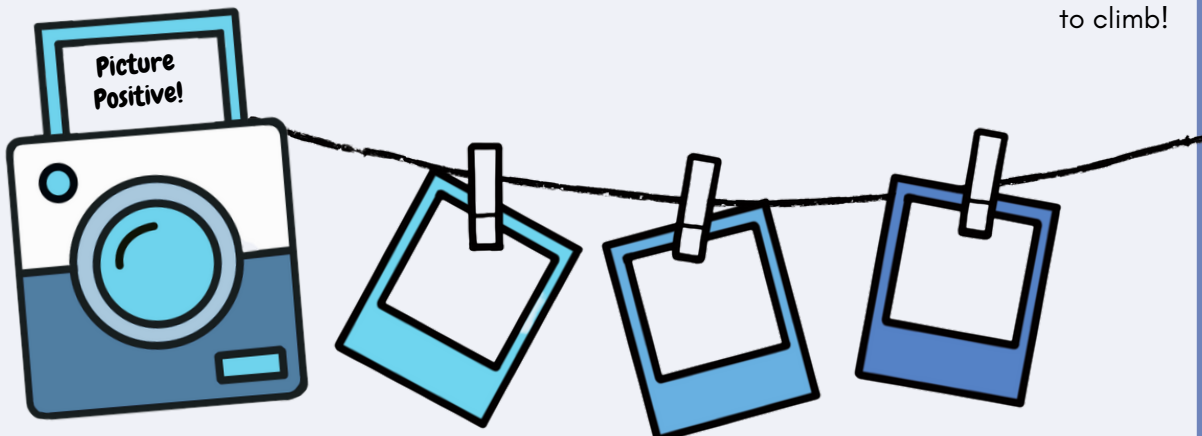
This activity invites students to **reframe** negative thoughts by **picturing positive things** friends would say to help!

### Sharing

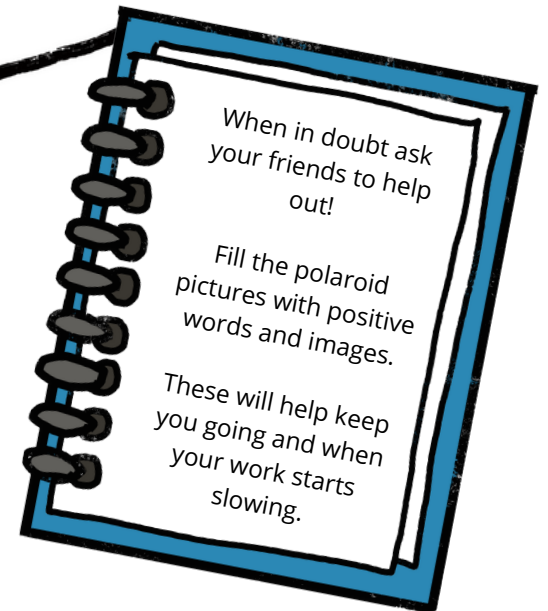
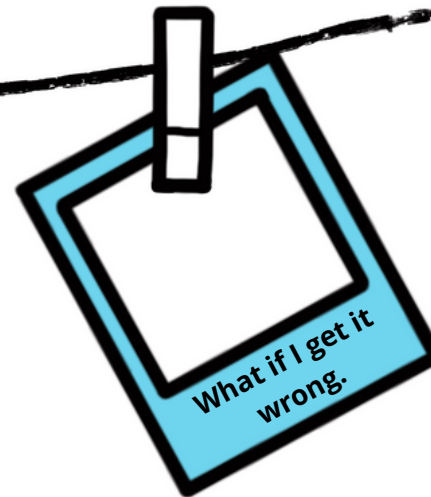
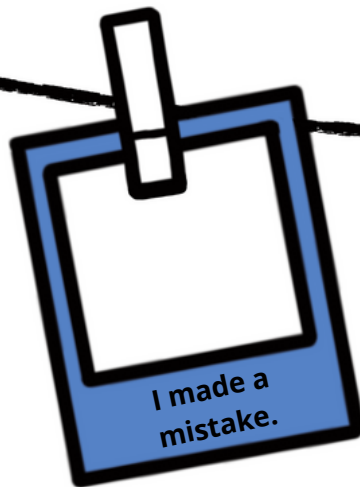
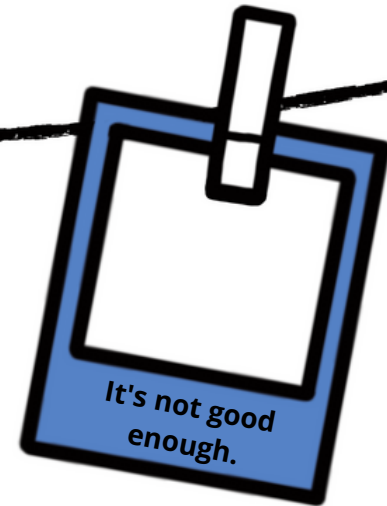
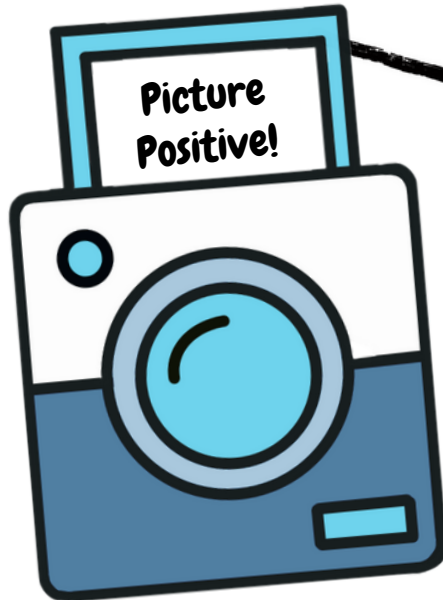
Each person has six empty polaroids with a series of negative thoughts written below the empty picture slot. For each polaroid, encourage your class to speak to six different classmates to seek **positive** words, phrases and picture ideas to cancel out those pesky negative thoughts.

### Reflecting

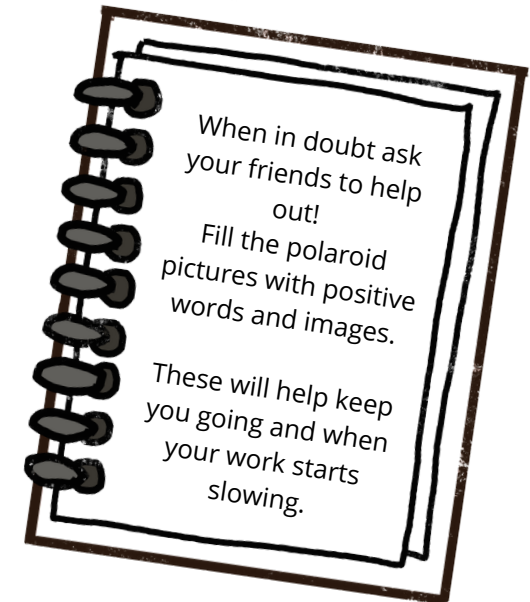
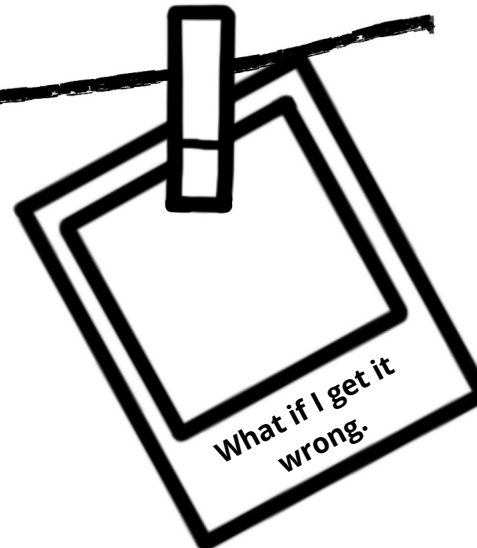
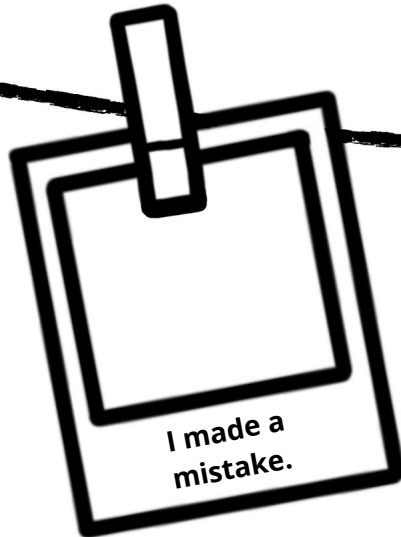
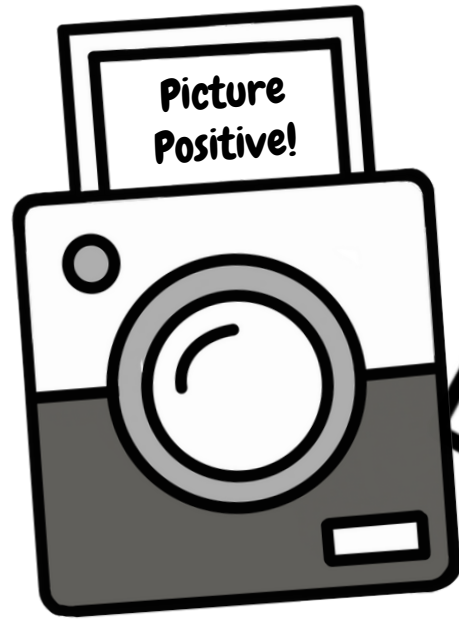
Once the polaroids are all full, keep them somewhere easy to see. Encourage students to **look and reflect** on the polaroids if they are feeling disheartened and the mountain feels too high to climb!



A MoAD classroom-ready resource



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