

OPTIMIST WANTED!

Always look at the bright side.

OP • TI • MIST

(noun) a person who is hopeful about how things will turn out.



PARENT'S GUIDE TO OPTIMISM DAILY EXERCISES FOR BUILDING CHARACTER.

Teaching your child to be optimistic doesn't cost a thing, but it's proven that the more optimistic a child is, the more likely they are to succeed. In fact, they enjoy better health, are less likely to get depressed, have less stress, live longer, and have better relationships. This power can work for you too. The single best way for a parent to teach optimism is to be optimistic. When negative situations come up – look for the silver lining and talk about it. Beyond this, praise your child when you hear them looking for the positive side of whatever bad circumstance they are facing.

- **DINNER TALK:** Life can be hard sometimes. It definitely has its ups and downs. Talk with your child at dinner about some of the hardships you had to face in life that are now behind you. Share some of your memories of your best days in your life. Ask them to share their stories with you.
- **NOTEWORTHY:** Secretly slip a note into your child's book or school bag with an optimistic message:
THINGS WILL GET BETTER SOON!
LOOK AT THE BRIGHT SIDE TODAY!
I THINK YOU CAN! I THINK YOU CAN!
- **ACCENTUATE THE POSITIVE:** It's natural and right for parents to correct their child. If you can find positive ways (catch them in the act of being good), it can bear great fruit in many ways. Try saying, "I was just thinking that when you allow enough time and work hard on your spelling words, you do better on the test" rather than, "It's obvious you never allow enough time and you don't try hard enough with your spelling words."

Be sure to review your child's completed Optimism newsletter and SIGN AND DATE IT on the back. Remind your child to return the signed newsletter to their teacher the next day. Look for positive moments to compliment. The things we praise...we grow!