



## Optimistic Thinking at Home

A person's attitude of confidence, hopefulness, and positive thinking about herself/himself and her/his life situations in the past, present, and future.

**At school this quarter your child has been working on improving their optimistic thinking skills. There are some things that you can do at home to help!**

- **Model optimistic self-talk:** Talk with your child (over breakfast, or on the way to school) about what might happen today and share some excitement with your child
- **Focus on improvement:** Optimists know getting better is a process. Encourage your child to adopt this approach by commenting on his improvement and effort, not just the outcome. (ex. "You really improved your sprint from the starting line" or "I love how hard you are trying.")
- **Recognize good when it happens;** An optimistic attitude encourages positive action. By encouraging an upbeat approach, you give your child the key to a healthier, happier, more productive life.
- **Practice thought watching;** Learn to spot your child's negative self-talk and help your child reject unfavorable thoughts.
- **Be a skill-builder;** Read a book or watch a video together that teaches a skill your child wants to develop.

For further information please contact Jennifer Egan or Taylor Suszko, PLE Counselors, at 281-641-3207.