

Dear Families/Caregivers,

Life is filled with ups and downs. Studies show that people who think optimistically are more resilient and better able to navigate the ups and downs. Although optimism is considered to be a personality trait that some people are born with, it is also a teachable skill.

In this lesson your child learned and used self-affirmation statements like these to make him or herself feel good:

- I am proud to be strong.
- I am proud to be brave.
- I am proud to be smart.
- I am proud to be the best I can.
- I am proud to believe in me.

Here are a few ways you can help your child use self-affirmations to build a positive outlook:

- Decide on two to three self-affirmation statements to say with your child every night before bed to remind him or her of his or her best qualities.
- When you find yourself feeling frustrated or upset with yourself, model using self-affirmation to encourage yourself to have a positive outlook and show your child the importance of optimism.

We don't always have control of the things that happen in life, but we always have control of how we think about ourselves.

Sincerely,

Your Child's Teacher