

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 some strategies for turning frowny thoughts (sad thoughts) into smiley thoughts (happy thoughts).

- Instead of saying, *I can't... say, I can!*
- Use the word YET. Instead of saying, *I can't... say, I can't yet.*
- If you make a mistake and think, *Everything is ruined!* Turn it around by thinking, *It's okay, we all make mistakes.*
- Think of things that make you smile!

Here are a few ways you can help your child develop a more optimistic outlook on life:

- Model optimism for your child by practicing optimism for yourself! Watch your thoughts and your words. Try some of the strategies for yourself.
- When you see your child getting frustrated, remind him or her of the strategies for turning frowny thoughts to smiley thoughts.

We don't always have control of the things that happen in life, but we always have control of how we think and respond to situations. So remember, you can always turn that frown upside down.

Sincerely,

Your Child's Teacher