

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 strategies for improving his or her mood, which include:

- Take a deep breath,
- Go outside,
- Do a favorite activity,
- Play with animals,
- Spend time with friends or family, and
- Watch a funny movie, TV show, or video.

Here are a few ways you can help your child improve his or her mood:

- Have a set of activities that you can do together with your child when he or she needs to improve his or her mood.
- When you find yourself in a bad mood, have your child help you to brainstorm ideas of activities that you could do to improve your mood.

We don't always have control of the things that happen in life, but by learning what things help us feel better, we can become more optimistic people!

Sincerely,

Your Child's Teacher