

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 that one way to increase his or her optimism is to brighten another person's day. Some ways to give a little happiness to others includes:

- Give a Compliment
- Give Encouragement
- Give Hope
- Give Friendship
- Give Support

Here are some ways that you can help your child learn the importance of providing happiness to others:

- Make giving another person a little happiness part of your normal weekly routine. Challenge your child to focus on a new person each week to give happiness to.
- When reading a book or watching a TV show together, talk with your child about the ways that the characters give happiness to one another.

Thinking about what's going right and being grateful for the good things in your life, won't keep bad days from happening – but it will help you to focus on the good things.

Sincerely,

Your Child's Teacher