

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 how to use an attitude of gratitude to cultivate optimism. An attitude of gratitude is about choosing what you put your focus on. It is about taking time each day to be grateful for the things that are going right and the good things and people you have in your life.

Here are some ways that you can help your child develop an attitude of gratitude:

- Develop an attitude of gratitude for yourself. Your child picks up on your attitude. Model a gratitude for what you have and what is going right.
- Take time each day, whether it's while driving, during a meal, or at bedtime, to talk about the good things that happened. Ask your child to name three good things that happened or three things he or she is grateful for.

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