

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 ways to focus on the positive in negative situations. Some ways to be optimistic include:

**Identify the “Bad News”**

**Accept How You Feel**

**Look for the “Good News”**

Here are some ways that you can help your child learn the importance of being able to be optimistic, even when faced with “bad news”:

- Model optimism for your child. When you’ve had a bad day or have received unpleasant news, be transparent with your child, share how you are accepting your feelings and show him or her how you find the positive in the situation.
- When reading a book or watching a TV show together, pause when a character experiences something negative. Ask your child to look for the “good news” in the scenario.

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 be more resilient and positive!

Sincerely,

Your Child’s Teacher