



Social-Emotional Wellness Summit

Co-Vitality (Primary)

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What is...

Persistence: the act of continuing steadily in a course of action (learning how to ride a bike)

Gratitude: the appreciation of people, places, things, experiences that make you happy (thankful for a grandmother that taught me how to cook)

Zest: enthusiasm and energy (excitement about something you are doing together)

Optimism: overall hopefulness for the future (attitude about life or tasks)

Successes & Challenges

- + Thinking about Persistence, Gratitude, Zest, and Optimism TURN AND TALK about what you are experiencing (positive and negative), at home with your children.

Persistence	I finish all my class assignments.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - Very much true of me
Persistence	When I get a bad (low) grade, I try even harder the next time.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - Very much true of me
Persistence	I keep working until I get my schoolwork right.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - Very much true of me
Persistence	I do my class assignments even when they are really hard for me.	1 - Not at all true of me; 2 - A little true of me; 3 - Pretty much true of me; 4 - Very much true of me

Persistence

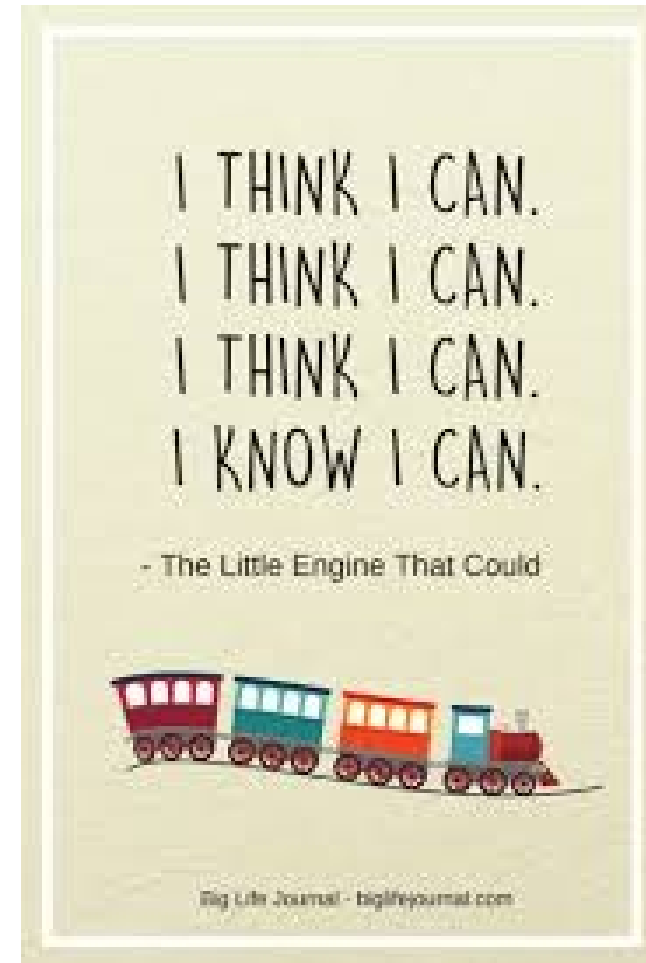
Life is a collection of challenges and successes, without one there will never be the other.

We rob our young people of the joy that success brings when we "hurry up" and do the tough stuff for them.

Our most important role is to support, encourage and motivate..

Demonstrating this provides the tools for young people to be intrinsically motivated to stick with it.

[supporting persistence](#)



Gratitude	I am lucky to go to my school.
Gratitude	I am thankful that I get to learn new things at school.
Gratitude	We are lucky to have nice teachers at my school.
Gratitude	I feel thankful for my good friends at school.



Gratitude

- + We often think about what we're grateful for.. typically "things".. How about WHY we are grateful... Dig deeper with prompts at home for WHY and talk about what that feels like.. It can be very powerful!
- + Take a gratitude walk together, make a gratitude jar..
- + [ideas for exploring gratitude at home](#)

Zest	I get excited when I learn something new at school.
Zest	I get really excited about my school projects.
Zest	I wake up in the morning excited to go to school.
Zest	I get excited when I am doing my class assignments.

Zest

- + Foster conversations about what they learned about school (Q&A a Day for Kids: A Three-Year Journal)
- + Ask “what are you most excited about today?” (also not excited)
- + Let kids figure out things for themselves (how something works, how to fix something)
- + Allow and foster creativity
- + Process/not always about product-how did you get there? (be excited about their learning)

Optimism	When I have problems at school, I know they will get better in the future.
Optimism	I expect good things to happen at my school.
Optimism	Each week, I expect to feel happy in class.
Optimism	I expect to have fun with my friends at school.

Optimism

- + Discuss problems at school/plan to solve the problem-what options do you have?
- + Growth Mindset
 - + <https://www.mindsetworks.com/parents/growth-mindset-parenting>

INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them