



CLUB TAKE HOME: Optimistic Thinking

Kindness Matters 365 is a nonprofit that helps children develop social emotional skills through service learning. Kids learn to be compassionate to themselves, others, and our world. We aim to improve a sense of unity and the capacity to non-violently resolve conflicts, to advance safe schools and communities, to improve academic achievement and career readiness, and to inspire a kinder world.

KINDNESS CLOSEUP – What we are learning with KM365 this month

The KM365 topic of the month is **Optimistic Thinking**: Having gratitude & feeling hopeful; even in challenging times, understanding those things we can control and confidently directing our actions toward the positive.

At home, try:

- Talking about what the kids learned in club about optimistic thinking and how they can apply the concept in their everyday life.
- Checking out the Optimistic Thinking at Home resource below and engaging in the “Even if _____, I can still _____” dialogue, applying it at home.
- Discuss gratitude and have everyone in your family talk about what you are grateful for. For younger children, talk about what gratitude means.
- Share a story of something that you found challenging, and how you took actions toward a positive future. How did that feel? How did that help you move forward?

Additional Reading / Viewing

<https://kindnessmatters365.org/2020/07/12/optimistic-thinking-at-home-aperture-education/>
(preK – High School)

Title: *The Little Unicorn That Could* Author: Jerri K. Lincoln. *Grade level PreK - 1*

Title: *The Little Engine That Could* Author: Watty Piper. *Grade level K-2*

Title: *Making Lemonade Teaching Young Children to Think Optimistically* Author: Laura J. Colker and Derry Koralek. *Grade level Pre-K- 3*

Title: *Be Positive! A Book About Optimism* (Being the Best Me Series) Author: Cheri J. Meiners. *Grade level PreK-3*

Title: *Relentless Optimism: How a Commitment to Positive Thinking Changes Everything* Author: Darrin Donnelly. *Grade level 5+*

Title: *No More Stinking Thinking: A Workbook for Teaching Children Positive Thinking* Author: Joann Altiero. *Grade level 1-7*

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