



Optimistic Thinking TAKE HOME

This month, we're exploring OPTIMISTIC THINKING: Feeling hopeful; even in challenging times, Understanding what we can control and confidently directing our actions toward the positive. 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.

Some activities to try at home:

- **3 Stars and A Wish-** As a group or individually, come up with 3 things that you do well and one "wish" of something you would want to work on. Together, you can create strategies of how to practice and improve on your wish or wishes.
- **Positive Self Talk-** Create a list of thoughts that you say to yourself and then divide your paper in half. Label half the paper- "Change your words and on the other side, write change your mindset".
 - Under one column- write the negative thoughts that you commonly say to yourself and on the other, try to think of what you can say in order to transform the negative into a positive feeling.
 - For example: If you write, I'm not good at this (whatever it is) you can try to flip that into a positive by writing What can I do to be successful.
 - Or, if you think, this is too hard, why not take a breath and say, this may take some time and effort, but, I got it...
 - Hang your chart in a common space so you can look at it and gain the strength you may need when negative thoughts creep into your mind. This will enable you to alter your mindset in order to have a positive way of thinking.
- **Jar of Awesome-** Celebrate the small wins by creating an Awesome Jar! Find an empty jar, display it in a place where you can easily see it. Every day for a month, jot down a small win or a happy moment from your day and then place the paper into the jar. Whenever you need some motivation or positive energy, select a piece of paper from the jar and rejoice in how awesome you are.

Additional reading/viewing:

Elementary:

- Making Lemonade Teaching Young Children to Think Optimistically: by Laura J. Colker and Derry Koralek
- Bubble Gum Brain: by Julia Cook
- I Can't Do that Yet: by Esther Pia Cordova
- The Girl Who Never Made Mistakes: by Mark Pett

Upper Grades:

- Big Life Journal
- Th Grit Guide for Teens: by Caren Baruch Feldman
- I Was Born to Make Mistakes Not Fake Perfection: By Drake and The Big Life Journal
- Relentless Optimism: How a Commitment to Positive Thinking Changes Everything by: Darrin Donnelly

Kindness Matters 365 (KM365) is a nonprofit that guides children and teens to explore essential life skills such as being kind and compassionate, respecting others, developing stronger relationships, and coping with challenges. After our kids figure out how to feel and be their best, they practice what they discovered through interactive projects and community engagement initiatives (km365.org).

Visit kindnessmatters365.org/connect or email info@km365.org to sign up for our emails and newsletters.

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