

BIG IDEA



It is important to model and teach our children to have a positive attitude. Being positive affects our overall health, how we get along with others, and can determine our success at home, school, and work. Having a positive attitude could lead to a longer life. Spend time this month as a family talking about positivity and how you can have a positive effect within your home, at school, and in your community.

ACT IT OUT

At Home: As parents, you can speak positivity into the life your child. Together with your child create an 'I AM' List. Make a list of encouraging statements that are short, positive, and in present tense starting with 'I am'. Post this in your child's bedroom as a reminder and use these phrases throughout the month.

At School: Your child can be a positive presence in their classroom. Choose a time this month to have your child write a short positive note to each of their classmates and teacher. Help them think about each person's character, not just their physical appearance. Take special care to help your child write nice notes for any classmates they might struggle with. Coordinate with their teacher to pick a day when the notes can be passed out.

In Community: Sometimes what our communities need is a little more positivity. It's so easy to get caught up in the busyness of life and forget to be positive. Try spreading some positivity through an activity called Post-its of Positivity. Sit down together as a family and write down some positive phrases on post-its or 3x5 cards. Then while out at the grocery store or shop, pick a place where you know someone will find it, and leave one of your Post-its of Positivity. Hopefully, your note will make someone feel good and want to do the same for someone else.

TALK ABOUT IT



Week 1: When are you the most positive during the day? When is it hard to be positive?

Week 2: How can we help each other to be a positive family?

Week 3: How can we as a family have a positive effect on our community?

Week 4: How did you show a positive attitude this month?

CALENDAR YOUR KIDS



On your child's birthdate day, schedule a specific time to spend with your child. *Example: Your child's birthday is 10/15. You would plan time for that child on the 15th of each month.*

Beginner Idea: Spend time talking to your child about why you are proud of them. Then, write a note encouraging them to be their best. Leave it on their bed, in their lunch box or anywhere they will find it.

Advanced Idea: Get with your child and let them pick an activity that makes them happy. Maybe it's going to an amusement park, arcade, or playground. Ask them why they've picked that activity and why it makes them happy..