

8 WAYS TO ENCOURAGE POSITIVE THINKING AT HOME

- 1 Going on a Gratitude Picnic.** Fun rendition of a classic game. First player starts by saying “I’m going on a picnic and I’m Grateful for (something that starts with the letter A)” Next player repeats the phrase and adds something that starts with “B” Continue play until someone can’t remember everything. Start with different letters or play with a theme to change it up.
- 2 I am, I will, I can.** A fun way to create and practice affirmations. Affirmations focus on our positive qualities and help kids see their full self worth. Fill out some cards with sentence starters such as “I am (a statement of who they are.), I will (a statement of self belief), I can (a statement of what they can achieve).” Players take turns picking a card and finishing the sentence.
- 3 Rewind.** This can be done in the moment or in a mock situation as practice. When your child says a negative statement (Ex. My Brother is bugging me) interject with the words “Pause – Rewind” to make it extra fun pretend like you are being re-wound. Teach your child that when you say “play” they need to try and re-phrase the comment into something positive or helpful (ex. How can we get a long better?)
- 4 Random acts of Kindness.** Encourage kids to participate in random acts of kindness (RAK). These can be with family/friends or community members. Younger children may need help coming up with ideas. Make a RAK score board to see who can accomplish the most in a week or month.

- 5 MENTAL FIELD TRIP.** Engage your imagination and relax your senses while momentarily escaping. Close your eyes. Think of your favorite place. What makes it a place you love? What does it look like? Smell like? What's your favorite memory there? Allow everyone time to take their trip and then share and discuss. For a little variation, have everyone draw a picture of their "field trip" before sharing or why not have everyone go on the same "field trip" and compare and contrast what everyone imagines.
- 6 WORRY BOX.** Carrying around our worries makes it hard to focus, participate and enjoy life. Dedicate a specific box or jar children can write down or draw their worries and leave them in the box. This helps them mentally and physically separate from those worries so they can focus on the important stuff. Don't forget to take the time to decorate the box or jar together too!
- 7 ACCOMPLISHMENT JAR.** Recognizing personal accomplishments and the accomplishments of others helps build confidence and shift perspective. Throughout the week challenge your family to acknowledge the accomplishments of others by writing them down. At the end of the week read them as a group and share in the pride.
- 8 ATTITUDE ACROSTIC.** Defining attitude is a difficult concept. By using an acrostic poem you can gain insight in to how your child views attitude and what it means to them while also sharing your hopes and expectations.

I AM

(a statement of who they are)

I WILL

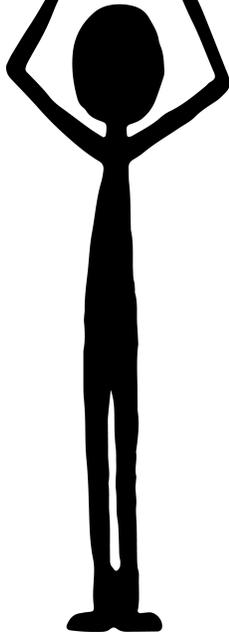
(a statement of self-belief)

I CAN

(a statement of what they can
achieve)



I WILL



I CAN

