

Tips to Encourage POSITIVE THINKING in Children

➤ Let your kids know that it is **OKAY** to **EXPRESS THEIR FEELINGS**. One of the most important ways to help your children embrace positivity in life by letting them acknowledge their emotions.

➤ Be a **ROLE MODEL**. Children learn a great deal from their parents. If you remain positive in life, your kids will develop the same attitude.

➤ **ENCOURAGE** and **MOTIVATE** your kids. If your children feel dejected or demotivated, encourage them to look at the positive things in life.

➤ Give them **FREEDOM**. It is important to exercise discipline in children, but at the same time they must be given their freedom too.

➤ Let your kids be surrounded by **POSITIVE PEOPLE**. The people we are friends with influence us greatly

and if we are surrounded by positive people it impacts the way we perceive things too.

➤ **ENCOURAGE** them to talk about **POSITIVE EVENTS**. It is good to learn about your child's day, however, make sure you lay more emphasis on positive events rather than laying stress on the negative ones.

➤ Teach **MORALS** and **VALUES** to your children. A child, who knows what is right and wrong, turns out to be more positive in life than children who don't can happen when you teach morals and values to your child from the beginning.

➤ **ENCOURAGE POSITIVITY** through **STORIES** and **GAMES**. Positivity can be imbibed in children by narrating positive stories to them. You can also indulge your children in positive thinking activities and games.

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Character Word for APRIL

POSITIVE ATTITUDE
being optimistic about situations, interactions, and yourself. People with positive attitudes can remain hopeful and see the best even in difficult situations.

Classroom Counseling
Lessons
APRIL 2021
K-5
Topics
Career Exploration
Positive Attitude

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12 Things to Always Remember

1. The past can't be changed.
2. Opinions don't define your reality.
3. Everyone's journey is different.
4. Judgements are not about you.
5. Overthinking will lead to sadness.
6. Happiness is found within.
7. Your thoughts affect your mood.
8. Smiles are contagious.
9. Kindness is free.
10. It's okay to let go and move on.
11. What goes around, comes around.
12. Things always get better with time.



The only difference
between a **GOOD DAY**
and **BAD DAY** is your
ATTITUDE.

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