



WHAT DID YOU REALLY SEE?



There is a lot of pressure these days on students, teachers and others to “do and be their best.” Yet many of the things we do to try to accomplish this or help others accomplish it actually work against us. Mindset, the way we see things, plays a huge role in this.

People who thrive, rather than just survive, tend to have positive mindsets. They see the learning in difficult situations, they see the benefit that comes from hardship, and they see themselves and others as having what’s needed to be their best.

We can actually learn to think this way even if it doesn’t feel totally natural right now.

Consider this: Why is it that two people can see the same movie and describe it totally differently? Or what about when we watch the same movie more than once: Why do we notice different things each time? The truth is that our minds shape our experiences, our memories, and we can learn to influence our minds to see things differently.

Today your child learned that our minds shape our memories and that knowing that can help us be more resilient and thrive.

AT HOME ACTIVITY

Some people seem to be just born optimistic (positive). Whether we view them as unrealistic or inspiring, people who have a hopeful outlook tend to be more resilient than

those with a more pessimistic (negative), skeptical approach. Here’s a way to practice the “skill” of optimism: Call a family meeting. Together, choose a situation or occurrence that seemed fairly negative, or that caused you to argue or be stressed. Discuss these three questions:

- Is the situation really as bad as I think?
- Is there another way to look at the situation?
- What can I learn from this experience that I can use in the future?



DAYLIGHT, DAY-BRIGHT

Natural daylight may have more benefits than you think. It allows children and adults to work more productively in areas that get a lot of natural daylight, raises our vitamin D levels that our bodies naturally produce to fight off depression and increase bone health, and improves our emotional well-being making us happier and smiling more often.

