

HOME CONNECTS



Social-Emotional Learning Objectives:

- Learning how much a positive outlook affects our lives.
- Taking charge of our own happiness with positive self-talk.
- Finding constructive ways to respond to disappointment and negative feelings.

Let's Chat Conversation Questions:

- Everyday you have a choice to be happy or sad. What can you do to make it a good day?
- Be self-aware. Write down something you want to improve and ideas on how to improve it.
- Write a mantra or song to read or sing to yourself every day to help you take on the world.

Respectful Ways Q&A:

- Q:** Is positivity a choice or just a part of our personality?
- A:** *We emphasize that positive attitudes are a choice.*
- Q:** Do positive attitudes really make a difference?
- A:** *Yes! Research shows that while we can't change our circumstances, we can choose how we respond to them. Positive attitudes tend to help us stay happy, healthy, and successful.*

Home Connects Activity Ideas:

- Practice taking a positive outlook! When things are not going well – your family's arguing, the weather's bad, or your team lost – ask everyone to see the positive side in things.
- Your student is making personalized "positive lens" glasses. Remind them to put on their special "rose-colored" glasses to help them see the bright side of life!
- Your student also wrote a story with negative and positive attitudes. Share from your own life how a positive attitude has benefited you.



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