

HOME CONNECTS



Social-Emotional Learning Objectives:

- Seeing how negative attitudes cost us.
- Learning how positive attitudes benefit us.
- Discovering the power of grit and resilience for personal fulfillment and success.

Let's Chat Conversation Questions:

- Every day 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 for 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:** Do positive attitudes really make a difference?
- A:** Absolutely! Research shows positive attitudes open us up to opportunities and helps us recover from setbacks better.
- Q:** What is grit and why does it matter?
- A:** Grit is passion and purpose applied to long-term goals. It's the most important component of achieving success – more than even talent.

Home Connects Activity Ideas:

- Stop negativity in your house! Keep a “negativity jar”. When someone says something negative, write their statement down on a note card along with their names. Then cross it out and write something positive in its place. At the end of the week, re-examine those cards and talk about the difference it made.
- Set some family goals. When there are setbacks to achieving them, talk about the grit it will take to get past these obstacles.
- Most role models have to triumph over adversity. Research how!



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