Optimism - Pre-K to 2nd Family Resource

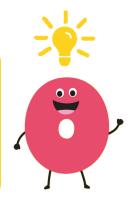


What is BrainAbouts?

BrainAbouts is a prevention and early intervention ecosystem that empowers young people to make positive choices, supports parents, and helps school staff overcome implementation obstacles with brain-based programming.

Learning about Optimism - Students learned that...

- 1. Optimism is the ability to see the positive side of things.
- 2. Optimism is seeing the good in every situation and believing that things will turn out well, no matter how challenging they may be.



Family Connection

- 1. Describe a time when you had a challenge, but you decided to be optimistic.
- 2. Discuss how optimism can be helpful when facing challenges.
- 3. Sing the "Optimism Song" together, and let your child teach you the tune!

Optimism Song

When it starts to rain, I can say,
We can just dance in the rain!
If things go wrong, I won't feel down,
I'll find the good that is still around!
With a smile on my face and hope in my heart,
I'll stay optimistic, because I'm smart!

