

Optimism - Pre-K to 2nd Family Resource

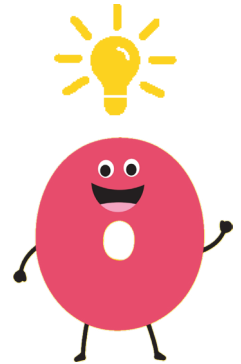


What is BrainAbouts?

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

