

# POSITIVE MINDSET WITH CHILDREN

Shifting our thoughts, and looking on the 'bright side' can be a wonderful way to create resilience in children and support early positive mental health.

Turning negatives into positives, failures into lessons and showing gratitude for everything we have, can create a happy world for children and their families.

Below find different ways to support a Positive Mindset with your children.

## 1. "Cold Prickle" vs "Warm Fuzzy"

"Cold Prickle" is something terrible about your day. "Warm Fuzzy" is something good about your day. Understanding the difference and focusing on the 'Warm Fuzzy' is a positive way to reflect on their day (great for recall development and labelling emotions), it is also a great opportunity to discuss that both "Warm Fuzzies" and "Cold Prickles" are a normal part of life!

## 2. Affirmations

An affirmation is a way to practice Positive Self-Talk, it is a way to focus on the Positive about yourself and your life. It is a great way to start and end your day, or a mid day break to remind yourself that you are an amazing person. This practice is helpful during stressful times and helps build confidence. I am a good friend. I am helpful. I will be confident today.

## 3. Gratitude Practice

Much like affirmations this activity allows children (and yourself) to focus on all the good things in your life! A gratitude practice can be done in a journal, white board or just verbally to yourself and to family members. You can say or write things like "I am grateful for my friends. I am thankful for colouring"

## 4. Coping Skills

Life is full of challenges no matter what age we are! In order to feel positive and to self-regulate our emotions we need to find ways to cope with stress. This may include a squeeze toy, counting to 3, using our breath to recenter, taking time by ourselves when we feel frustrated or sad. Talk with your child when they are in a 'good place' mentally and find out what things may work for them!

## 5. Comfort Zone

Everyone needs a little place just for them! Set up a small corner of your child's room, or in another quiet space within your home. Use this space as a "comfort Zone" for your child, somewhere they can go to be alone when they need that time. Fill the space with comfy things like blankets, pillows, and stuffies. Twinkle lights are fun, Positive Affirmation posters, pictures of family and friends and of course a few books are always nice!