



**SEL REFLECTIONS TO SUPPORT**

**OPTIMISM:**

**SELF AWARENESS:**  
WHAT AM I MOST OPTIMISTIC ABOUT?

**SELF-MANAGEMENT:**  
MIGHT TAKING A MINDFUL BREATH HELP ME TO RELAX AND BE MORE HOPEFUL?

**SOCIAL AWARENESS:** HOW MIGHT KNOWING THAT I'M A PART OF LARGER COMMUNITY HELP ME TO HOPEFUL?

**RELATIONSHIP SKILLS:** WHO ELSE CAN HELP ME TO THINK THIS THROUGH?

**RESPONSIBLE-DECISION MAKING:** HOW MIGHT KNOWING THAT MY HAPPINESS AFFECTS OTHERS BE HELPFUL?

**GROWTH MINDSET:** WHAT IF THIS IS AN OPPORTUNITY FOR GROWTH?

**Online Resources for**

**Families :**

- Parenttoolkit.com
- [www.scusd.edu/sel](http://www.scusd.edu/sel)
- [www.scusd.edu/parent-resources](http://www.scusd.edu/parent-resources)
- [www.skillsyouneed.com](http://www.skillsyouneed.com)

# SEL Resources for Families

**WE ARE. WE BELONG. WE CAN.**

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.” Helen Keller

## June SEL Theme: Optimism

Optimism is being hopeful and confident about your future and the successful outcome of all endeavors.

People have survived on earth for roughly 200,000 years. Our survival is a result of our ability to perceive and react to threats and dangerous situations. Our brains are wired to be more sensitive to negative experiences. Simply put, being aware of potential threats gives us

the ability to protect ourselves. It takes roughly 3-5 positive experiences to counteract the effects of one negative experience. For example, if you have a negative interaction with a family member or friend, it could take 3-5 positive experiences to repair the harm done by the initial interaction. What this means is that we must take time to find and notice the

### Optimism



I am hopeful that my future will be bright.

positives in order to stay hopeful and optimistic.

## Practicing Optimism at Home!

- Set time each day to talk about 5 positive things your child noticed or experienced
- Respond with empathy and acknowledge feelings.
- Challenge “All or Nothing” thinking
- Practice replacing one negative thought with 2 happy thoughts
- Daily Check-ins: “What is one thing that you did that made you happy?”