



Having an Attitude of Gratitude

Practicing gratitude¹ can help kids have more FUN!

Hello Friends!

Sometimes it can feel difficult to be grateful, because life isn't always easy. But having an attitude of gratitude isn't all that hard when you take time to practice it. The coolest thing about being grateful on purpose is, it helps us have more FUN!

Having an attitude of gratitude includes....

Practicing positive thoughts and limiting negative thoughts.

Choosing to be optimistic² and being careful about being pessimistic.³

Thinking about positive future possibilities.

Planning for positive future possibilities by setting realistic goals.

Why is practicing gratitude important? Because it helps us have better health and relationships. We hope you find the activities in this mailer fun and helpful.

I know one thing I'm super grateful for. I'm grateful to have an awesome kid like you on our team!

Sincerely your pal,

Lauren Rencher



¹ The quality or feeling of being grateful or thankful.

² Expecting good things to happen.

³ Expecting bad things to happen.



Being Optimistic Takes Work!

Practice thinking, feeling, and acting optimistic.

Featuring Dr. John, an expert in mental health for kids!

Hi kids! **EVERYONE** feels pessimistic sometimes 😞. The problem is, we can get **stuck** in a pattern of expecting bad things to happen and that's not a very happy place to be. When we **THINK** negative thoughts, we start to **FEEL** pretty bad too 😞. When we feel bad, we might make choices that make the difficult feelings stronger. Next thing you know you are spiraling down the path of pessimism 😞.



But did you know you can **CHOOSE** to be optimistic 😊? It may take some effort in the beginning but with practice you'll be cruisin' down the open road of optimism 😊! Try the activity below to get yourself in the habit of practicing optimism 😊.

John is part of our team & YOURS!

Event	Mindset	Thoughts	Feelings	Actions
Math test at school	Optimistic	"Math is really challenging but, I'm going to try my best and no matter what I'll be ok." "I can do this."	Maybe nervous but trusting, confident.	Keep at it. Take time to pause and think things through. Breathe.
Math test at school	Pessimistic	"I'm bad at math, I'm sure I'll fail." "I can't do this."	Powerless, worried, scared.	Panic. Give up.

Event	Mindset	Thoughts	Feelings	Actions
First music lesson.	Optimistic			
First music lesson.	Pessimistic			

Event	Mindset	Thoughts	Feelings	Actions
Letting a friend know they hurt your feelings.	Optimistic			
Letting a friend know they hurt your feelings.	Pessimistic			

Event	Mindset	Thoughts	Feelings	Actions
Moving to a different state.	Optimistic			
Moving to a different state.	Pessimistic			

Event	Mindset	Thoughts	Feelings	Actions
An exciting family vacation got delayed.	Optimistic			
An exciting family vacation got delayed.	Pessimistic			

1. Were any of these events harder to practice optimism?
2. Was it easier to come up with pessimistic answers or optimistic answers?
3. How do you think practicing optimism would help you day to day?



My Future is Bright!

Practicing positivity with my future, myself, and other people.

Being optimistic includes thinking positive thoughts about ourselves, others and our future. Being pessimistic includes thinking negative thoughts about other people, ourselves, and our future. Being optimistic is linked to better health and happier relationships. It's worth it to practice being more optimistic.

I bet I can make lots of friends this year.

I probably won't amount to much so I don't think trying at school is that important.

I can't trust anyone, I can only trust myself.

No one at school likes me. None of the other kids or the teachers.

This is going to take extra work but I think I can do it.

I don't know how now but I bet I can learn!

There are lots of jobs I think I'd like to have when I grow up.

"Hi Friends! Can you point out the pessimistic thoughts by coloring them one color and pick a different color for optimistic thoughts?"

I can't make friends, I'm not good at it.

Making friends takes time, I won't always feel this lonely.



Life feels really hard right now, but I wonder if there are some things I can do right now to help it feel a little easier?

No one ever gives me a chance, it's not fair.



It's Good To Have Goals!

The Riley Kids explain how setting goals helps children plan for great futures!

Goals are things we want to achieve for ourselves and our future. Making goals includes creating a plan to help your goals happen.

The first step in creating a goal is knowing the difference between a realistic goal and an unrealistic goal.

Realistic goal: Is doable and based on a kid's personality, skills, talents and abilities. May be challenging but it's achievable.

Unrealistic goal: Is not likely to be achieved. Doesn't reasonably consider a kid's personality, skills, talents or abilities. It's more like wishful thinking or a fantasy.

What are some of your skills, talents, or abilities?

Can you come up with an example of a realistic goal?

Why is this goal realistic?

Can you come up with an example of an unrealistic goal?

What makes this goal unrealistic?



Realistic vs. Unrealistic Goals

What is a realistic goal for one person may be unrealistic for another. Can you read through the 2 profiles below and help these Riley Kids pick which goal is realistic and which one is unrealistic given their personality, skills, talents and abilities.

PROFILES



Micah: 11 yrs old

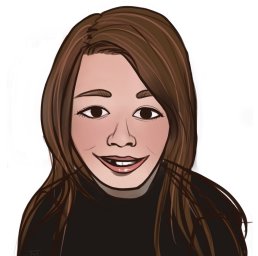
Personality: Quiet, cautious, likes spending time by himself, does not like being the center of attention. Prefers to stick with things he knows and is comfortable with.

Skills, talents, abilities: Great reader, problem solver, builder. Very good with computers and also artistically creative. Can find creative solutions to problems.

Akaisha: 9 yrs old

Personality: Super social, friendly and outgoing. Loves spending time with others and doesn't mind being the center of attention. Likes trying new things, even in the spotlight.

Skills, talents, abilities: Great at speaking in front of a group. Is very good at singing, dancing and performing. Can improvise under pressure.



GOALS

Akaisha and Micah's school is going to produce a play! It will be a musical production and there will be many openings for students to be a part of this neat experience. Micah & Akaisha both have a goal of participating. Based on their profiles, what jobs/roles in the play would make the most realistic goal for each?

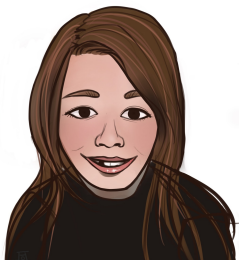
Main character: This includes performing in front of an audience. Students who try out to be a main character in the play will need to memorize lines and dance sequences and be comfortable performing in front of an audience of their peers, teachers, and parents.

Set designer: This includes building backdrops for the play and stage set items. Students applying for this position need to be good at working with their hands, planning, building and have artistic ability.

Costume design: This includes reading character profiles and the script of the play and coming up with wardrobe ideas for each character in the play. Students will help to make accessories for characters such as hats, swords, wings, etc.

Chorus: This includes performing all the singing and dancing numbers in the play. Need to have the ability to sing and dance as part of a group and feel comfortable performing in front of others. You'll need a lot of energy for this role since the chorus is on stage most of the time.

What role/s do you think these two should try out for?



Akaisha

Micah



Why did you choose the specific role/s you picked for Akaisha?

Why did you choose the specific role/s you picked for Micah?



Turkey Mask & Gratitude Wreath

This mailer includes various craft items you can use to create your own Turkey Mask and Gratitude Wreath! Such As.....



Mask with eye holes and tie holes.

A piece of elastic string to tie to your mask so you can wear it!

Orange paper beak.

Paper feathers & real feathers.

Snood (did you know that is what the red thing that dangles off the turkey's beak is called?!)

Cardboard ring.

Leaves. (optional: write what you are grateful for on each leaf)

Ribbon.

Glue stick.

Inspirational sticker. (Place this on something you see every day!)

We are grateful for each one of you silly turkeys!

