

# WELL-BEING NEWSLETTER



## POSITIVITY

### WHY IS POSITIVITY IMPORTANT FOR CHILDREN?

RESEARCH SHOWS THAT WHEN CHILDREN FEEL ACCEPTED, THEY HAVE A MORE POSITIVE ATTITUDE ABOUT LEARNING – AND THEY ARE MORE LIKELY TO TRY AGAIN AT A TASK WHEN THEY DON'T SUCCEED THE FIRST TIME.

### POWERFUL POSITIVITY IDEAS

- SAY 'I BELIEVE IN YOU' JUST HEARING THOSE WORDS REGULARLY MAY ENCOURAGE THOSE CHILDREN WHO ARE NORMALLY RELUCTANT TO TRY THINGS.
- WHEN A CHILD IS SHOWING FRUSTRATION OR DIFFICULTY SHOW THEM KINDNESS AND ENCOURAGEMENT. GET DOWN TO THEIR LEVEL AND LET THEM KNOW YOU ARE THERE FOR THEM AND SHOW THEM ITS OK TO FAIL, TRY AGAIN.
- PATIENCE IS AN ADULT'S SUPERPOWER. SOMETIMES WE DON'T WANT TO PUSH THEM UNTIL THEY ARE READY, LET THEM KNOW YOU WILL BE THERE WHEN THEY ARE READY TO TRY AGAIN. NOT EVERYTHING NEEDS TO BE DONE TODAY!
- USE POSITIVE LANGUAGE AROUND THEM.

HERE IS AN A TO Z OF POSITIVE AFFIRMATIONS YOU CAN SHARE WITH YOUR CHILDREN

**I am...** Amazing Adventurous Articulate  
Awesome Affectionate Adaptable  
Ambitious Athletic Able Beautiful Bold  
Brave BRIGHT Busy Brilliant Charming  
Capable Caring Calm Creative Co-operative  
Considerate Daring Devoted Dependable Diligent  
Determined Efficient Exuberant Energetic  
Eager Faithful Fair Funny Friendly Flexible  
Forgiving Generous Gentle GRATEFUL  
Genuine Happy Helpful Honest HEALTHY  
Imaginative Independent Inventive Intelligent  
Jovial Joyful Jolly Kind Knowledgeable  
Loving Loyal Likeable Motivated Mature  
Modest Marvellous Neat Noble Nice Observant  
OPTIMISTIC Organised Open Proud Patient  
Polite Positive PERSEVERANT Punctual  
Quick Quiet Respectful Relaxed Reliable  
Responsible Resourceful RATIONAL Supportive  
Strong Successful Sincere Thoughtful Trustworthy  
Truthful Tactful Understanding Upbeat  
Unique Vibrant Vivacious Victorious Witty  
Warm Wise Worthwhile EXCELLENT Exciting  
Youthful Yielding Zany Zealous Zesty

