**Ideas and Activities to Help Develop a Positive Mindset**

**It is important that we validate all emotions.**

Whilst teaching our children to think positively we also want to remind them that all feelings are important, even the difficult ones. When a child is feeling sad, frustrated, or worried it is good to show them empathy and understanding. Using phrases such as **“I know it is hard”** **or “I understand why that made you feel…”**

Parenting can be hard and in moments we can all say things we should not. It is important to try and avoid sentences such as…

**You will get over it**

**There is no reason to get so upset over it**

**It is not a big deal**

**Stop whining!**

Children need to know that all emotions are normal. We want to encourage children to talk about how they feel rather than hide or bury their feelings. By doing this it helps them to accept and process their feelings.

When big feelings come, we can help children to notice them, process them and regulate them by offering coping mechanisms.

**Unfortunately to Fortunately…**

Sometimes our brains just think negatively. This is because our brains want to protect us. This stems from years and years ago (cave men and women) when we had to survive. The great news is we can train our brains to think positively too. Sometimes we just need some practice.

Unfortunately, it is raining, and we cannot go out and play…. Fortunately, we will get to watch a movie and stay warm!

Unfortunately, our team lost the game… Fortunately, we tried our best and the other team played well.

**This can also be played as a continuous game… Feel free to be as silly as you would like!**

**Unfortunately, the women lived in a Jungle with no-one around her…**

**Fortunately, she had family who lived in England.**

**Unfortunately, she had no money to fly to England…**

**Fortunately, she had learnt how to swing from tree to tree…**

**Unfortunately, her arms got really tired.**

**Fortunately, she was able to swim. She started her journey to England… etc**