

## Parent & Carer Guide



LOOK ON THE  
BRIGHT SIDE

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Unknown

Promoting Emotional Health & Well-being

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## Look on the Bright Side

We can all look at the same situation from different perspectives. Sometimes the way we think about things that happen to us, can have a bigger impact on our wellbeing than the event itself.

When we get stuck in the negative, research has found that questioning and challenging some of our thinking or focusing on the positive things in our life or what we are grateful for can be a helpful way to change our mood. Resilient people are not immune to change, misfortune or adversity. They are better able to make sense of their experiences, by finding meaning and perspective in order to help them to move forward.



In this unit, Skipper overhears an unkind comment about him. The comments go round and round in his head and he starts to believe that they may be true. Using his 'Helpful, Thinking Helmet' he is able to question these thoughts and find ways to feel better.

### In this unit, we will be learning that:

- The way you think can affect the way you feel.
- There are different ways of looking at the same thing.
- Focusing on what you are grateful for can help.

### Talk it Over:

Talk to your child about the things you are grateful for in your life.

### Family Task:

Create your own Memory Jar of things that you are grateful for. Your jar will help you to build and remember memories to help you through difficult times and help you to savour the positive moments in your life.

**Key Book:** 'Tiger, Tiger, is it true?' by Byron Katie

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