

Counselor Lesson: Week 2

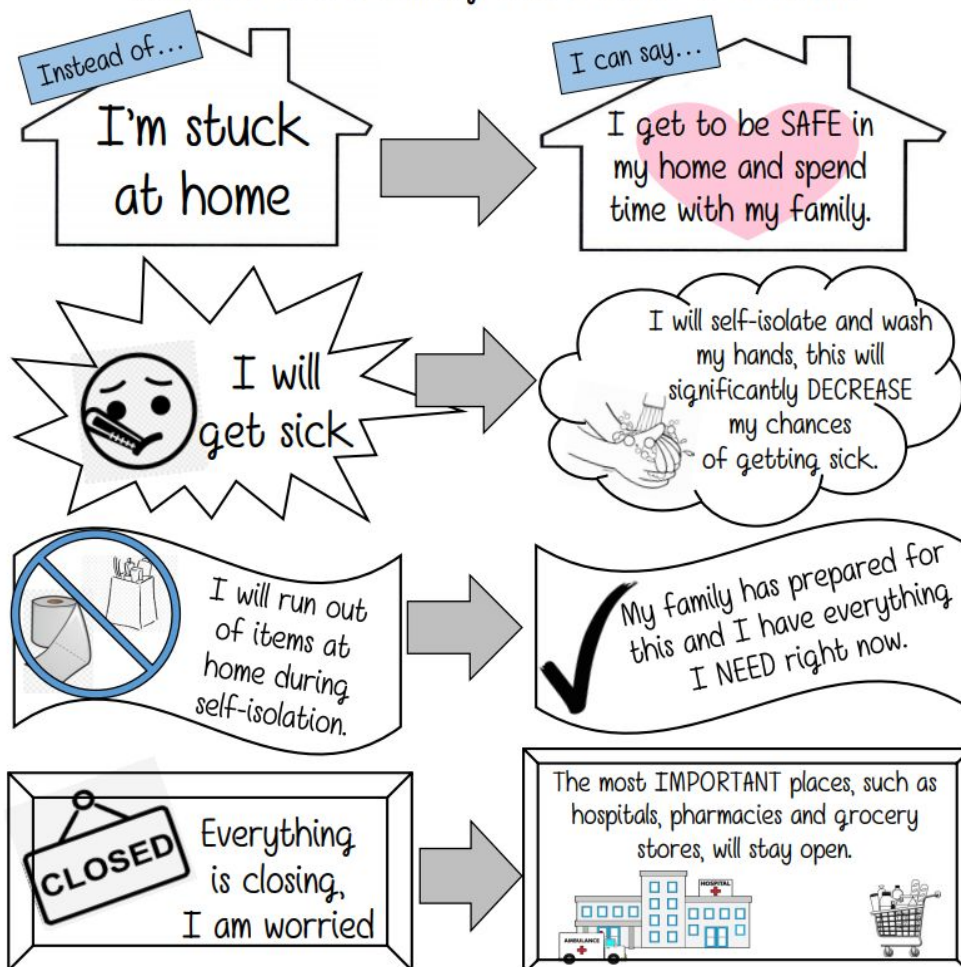
Positive Mindset & Building Resiliency

For parents: As we embark on this new and continued mode of learning, it is important that our children build resilience in order to overcome obstacles, challenges, and difficulties they may face. By building resiliency, they are more likely to maintain a sense of control and independence. Some recommendations for ensuring that your child can thrive include:

- Set up a daily routine: see examples of weekly schedules-[Click here for sample 1](#), [sample 2](#)
- Find an optimal time and space for learning away from distractions
- Encourage organization (folders within the computer per subject/week, assignments organized by subject, complete a daily or weekly checklist of items)
- Recognize your child's limits--allow for Brain Breaks, follow an unwanted activity with a preferred activity

Our guidance lesson this week will focus on building resiliency through an activity in which we will shift our mindset. Oftentimes, by reframing negative thoughts we are able to push ourselves through the struggles. Some common thoughts during this time of school closure and uncertainty in need of reframing could include:

Mindset Shift during the COVID-19 Season



Guidance Lesson

PreK-2: Changing Negative Thoughts to Positive Thoughts

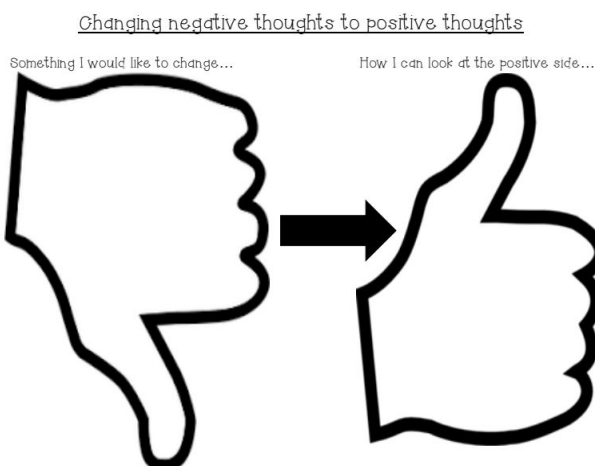


Read the scenarios below and discuss/write how you would react optimistically (positively) to the situation. Possible answers are in red.

1. School was canceled due to COVID-19: **I get to spend time with family, create a school schedule that works for me including breaks, and do my work in my pj's.**
2. I can't play with my friends: **I can write them a letter, call them (Facetime/Zoom), or schedule a virtual picnic, dance party, etc.**
3. Restaurants are closed, we can't eat out: **My family can cook together, have family game/movie night.**

Think of some common negative thoughts you have had through the transition into our new learning. Now practice reframing those thoughts with a positive outlook statement.

Click the following visual for a printable version of the reframing activity you can complete:



3-5: Finding the Silver Lining



What does it mean to find the "Silver Lining"?
-to find the "Silver Lining" is an expression that means that even in bad times and bad events, you are able to see the positive and good things. You are looking on the bright side. EX: Even though I lost the game, I learned how to become a better player and gained confidence in myself.

How to find the "Silver Lining"?

- Think of how you could be grateful for that moment.
- Think of a way to improve for the next time.
- Look at the situation with a new mindset/view.
- Look for the good and positive.
- Ask yourself, "what can I learn from this situation? What can you smile about?"

Activity (materials- paper, pencil, colors)

- On your paper draw a cloud.
- Think about a time when something didn't go your way or when you felt upset. In a few words/sentences describe the situation in the middle of the cloud.
- Now, see if you can think of the "Silver Lining" in that moment. What can help you see the bright side of that situation.
- Write your ideas around the outside of the cloud (the silver lining).

I encourage you the next time you find yourself in a bad situation, try to find the silver lining.

Remember, when things get tough, you don't always have to do it on your own. Reach out for support when you need it, try different strategies, or take a break and come back. Remember to persevere and replace any negative thoughts!