



Positive Attitude- Parent Information

Greetings Parents!

Soul Shoppe is teaching about **Positive Attitude** at your child's school this month.

The main tool we are teaching is:

- Untying the "nots"- how to pursue our dreams and goals when things get hard or scary and when others tell us that we cannot do them. Learning how to keep a positive attitude and move forward to get what we really want.

You can help your child practice Positive Attitude by:

- Maintaining a positive attitude yourself.
- Asking your child what their goals and dreams are.
- At every opportunity, encourage your child to believe in himself/herself.
- Take your child seriously when he/she talks about the things he/she endeavors to do, and talk to them about what it would look like to pursue those goals.
- Ask your child what it means to "untie the nots".