



# GROW Well Strengths-Based Curriculum

Always Our **Best**



The character strength of hope has to do with positive expectations about the future. It involves optimistic thinking and focusing on good things to come. Hope is more than a feel-good emotion but an action-oriented strength, the motivation and confidence that goals can be reached, and also that many effective pathways can be devised in order to get to that desired future.

## 3 CONVERSATIONS STARTERS TO DISCOVER YOUR CHILD'S NEGATIVE SELF-TALK

YOUR CHILD SPENDS MOST OF THEIR LIFE IN THEIR HEAD. DO YOU KNOW WHAT KIND OF PLACE IT IS?  
DOES THEIR INNER VOICE... CRITICIZE? CHEERLEAD? DEMAND?  
SYMPATHIZE? VICTIMIZE? COMPARE?



### CONVERSATION STARTER #1

#### ASK THEM:

"If you and I were trying to meet for the first time, never having seen each other before, how would you describe yourself to me so that I could find you in a restaurant? What does your hair look like? Your face? Your body?"

#### LISTEN:

Does your child use kind or hurtful words? Is your child realistic, demeaning or wishful?

### CONVERSATION STARTER #2

#### ASK THEM:

"If you had a movie made about you, what would the title be? What would the trailer sound or look like? What genre would it be - comedy, drama, cartoon, action?"

#### LISTEN:

Are the words positive or negative? Does your child focus on their strengths or weaknesses?

### CONVERSATION STARTER #3

#### ASK THEM:

"If you ran a race, what would you say to yourself and the other racers if you came in...1st place, 5th place (in the middle of the pack), last place?"

#### LISTEN:

Is your child encouraging to self and others? Critical? Accepting? Disappointed?

## TO GET THE MOST OUT OF THESE CONVERSATIONS

- CHOOSE A CALM, QUIET, UNHURRIED PLACE AND TIME TO ENCOURAGE DISCUSSION.
- SHARE HOW YOU WOULD ANSWER THE QUESTIONS ABOUT YOURSELF.
- BE OPEN, HONEST, AND VULNERABLE TO ROLE MODEL FOR YOUR CHILD THAT EVERYONE HAS A MIX OF INNER VOICES: POSITIVE AND NEGATIVE

Supporting kids to develop hope and optimism:

- Focus on positives:** model perspective in tricky situations, healthy self-talk and try to emphasise the positives. Try exhibiting a 'Growth Mindset' over a 'Fixed Mindset'
- Engage kids in problem solving:** try provide prompts/tools for kids to solve their own problems e.g. "What do you think you could do differently? What's something we can try first? Did that work well or could we try something else?"
- Goal setting:** working towards achieving something can foster a sense of hope. Break up the tasks into smaller steps and celebrate each step closer (focus on progress over outcome).

### Growth mindset

Embraces challenges

Accepts criticism and negative feedback as constructive

Equates reward with effort

Persists in the face of setbacks

Never gives up

Learns from failure

"Talent is developed"

"What more can I do?"



### Fixed mindset

Avoids challenges

Rejects criticism and is hurt by negative feedback

Expects reward without effort

Lets setbacks derail them

Gives up easily

To fail once is to fail completely

"I'm no good at this"

"Why should I bother?"



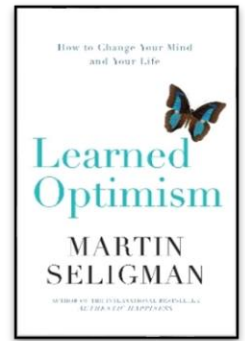
## What our students have to say:

Hope is kind of like courage. It's like wishing for something good like "I hope I get a new car!" (Madison, Year 5)

Optimism is being positive and hopeful, not just in yourself but everyone else and being proud for trying even if you don't do something well. (Lyla and Emily, Year 5).

Hope is being hopeful. It is thinking something good will happen. (Liam, Year 1)

## READ:



"Change Your Thinking" Sarah Edelman

"Learned Optimism" Martin Seligman

## TEACH YOUR CHILD TO "RAIN" ON THEIR NEGATIVE THOUGHTS

**Our minds constantly create mental drama.** Sometimes it's so powerful that we actually believe it. And we make ourselves miserable because of it. When you teach your child to surround their negative thinking with compassion, it becomes easier for them to move on.



THE RAIN TECHNIQUE CAN HELP YOUR CHILD BECOME THEIR BEST FRIEND INSTEAD OF THEIR OWN WORST CRITIC.

RECOGNIZE → ALLOW → INVESTIGATE → NON-IDENTIFY

### R STEP 1: RECOGNIZE THE TROUBLING EMOTION OR THOUGHT

#### ASK YOUR CHILD:

"How are you feeling?"  
"Where do you feel it in your body?"

#### THEY MIGHT SAY

"I'm so mad at myself for failing my spelling test. I am so stupid!"

### A STEP 2: ALLOW THE MOMENT TO HAPPEN

#### TELL YOUR CHILD:

"We need to let our thoughts and feelings just be there. Even if we don't like it. It's okay to feel this way."

### I STEP 3: INVESTIGATE WITH KINDNESS

#### ASK YOUR CHILD:

"When have you felt the same way before?  
What do you need right now?"

#### THEY MIGHT SAY

"I felt the same after my biology test...I'm bad at it too."

### N STEP 4: NON-IDENTIFY

#### TELL YOUR CHILD:

"Sometimes we have angry thoughts and feelings and it's okay. Our thoughts are not always true though so we can't believe them all the time. Our thoughts and feelings come and go. **They are not who we are.** You can pretend that your angry, sad feelings and thoughts are like clouds. Clouds pass, the sun comes out again, and you feel better."

"Helping kids overcome negative thoughts from an early age, can go a long way in making them self-reliant hopeful individuals in the future."

<https://positivepsychology.com/optimism-tools-exercises-examples/>



<https://stevefrancis.net.au/five-principles-of-deliberate-optimism-can-help-in-challenging-times/>

## Hope/Optimism



I am realistic and also full of optimism about the future, believing in my actions and feeling confident things will turn out well.

