



GROW Well Strengths-Based Curriculum

Always Our **Best**



Gumdale State School Student Wellbeing Program
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What is Hope and Optimism?

Hope is about positive expectations about the future. It involves optimistic thinking and focusing on good things to come. Hope is more than a feel-good emotion. It is an action-oriented strength involving agency, the motivation and confidence that goals can be reached, and also that there are many effective pathways to that desired future. People who are optimistic, interpret events as internal, stable and global. Those with a more pessimistic approach, interpret events as external, unstable and specific.

Building Hope and Optimism

1. Focus on the positives – intentionally steer children towards noticing the positives. Keep a journal recording positive things that happen, ask them to say three good things about their day, go on a walk and point out things that bring happiness and joy.
2. Engage in problem solving – give children space to try and attempt to solve some of their own problems, rather than rely on adults to always jump in and solve the problem for them.
3. Foster hope – some of the essential elements of hope include; having goals, agency (having a voice) and social support. Help your child see that they have the ability to shape their future and make things happen for themselves.
4. Use positive reframing – help your child to reframe an experience in a more optimistic way.
5. Teach your child self-care -emphasise the importance of eating well, getting enough rest, staying active and taking breaks.

Grow Your Mind Podcast – The Perfect Antidote (HOPE)

Click on the image to the right to open a link to an episode of the Grow Your Mind Podcast on Hope and Optimism. In the episode, we hear the true and remarkable story of holocaust survivor, Eddie Jaku, who at nearly 100 years of age spreads kindness, love and compassion wherever he goes. Please note – the episode involves the death of Eddie's parents and his beloved dog. It could be sensitive for some listeners.



Hope/Optimism

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.



Want more information about our GROW Well Program and Character Strengths?

<https://gumdaless.eq.edu.au/support-and-resources/wellbeing>

5 Principles of Deliberate Optimism

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

Optimism for Teens

<https://kidshealth.org/en/teens/optimism.html>

