

Helping Children to Build Positivity and Resilience

Encouraging a positive mindset in children can better equip them to see the good things around them and help them to be more resilient and feel happier throughout their lives. Listed below are some ways to encourage positivity:

Build children's self-esteem: If a child can see their own strengths and the good in themselves, they are more likely to be able to see the good in things outside of themselves. Self-esteem is like a glowing positivity from within and can be built through sincere praise and independence!

Model positivity and optimism: If we want to see children feeling positive, we need to show it to them. Say you had planned to take children outside to play but it is pouring down with rain. Instead of muttering about plans being ruined, why not take the opportunity to try a new game inside. Verbalize your feelings of disappointment and then look at the opportunity in a positive way.

Allow for disappointments: It can seem easier to replace a lost favorite toy, but consider letting a child discover that there will be disappointments in life at times and that it is okay. A child can then discover that they can find another toy to love or that when the shop is open it may be able to be replaced. Either way, this experience can enable them to learn for themselves that everything is going to be okay and therefore capable of being more positive about future disappointments.

Practice mindfulness: Being present in the moment can help children to learn to take note of the beauty around them and the things they can be grateful for. This can help them feel more connected with the world and satisfied with life.