

Perspective-taking and empathy:

We are social beings who need relationships to thrive. When we mindfully practice perspective-taking, we get better at considering the viewpoints of others and responding with empathy. This helps us build healthy relationships and resolve conflicts peacefully.

Problem-solving steps:

The following tips are helpful for both children and adults.

- ✓ Walk yourself through each person's point-of-view
- ✓ Try imagining yourself in the other person's shoes. "What is this person thinking or feeling in this situation?"
- ✓ Acknowledge and value differences.
- ✓ Then consider some ways to solve this problem while keeping in mind everyone's needs.

"Focusing on happiness is not a frivolous pursuit; it is one of the emotions that can inform the trajectory of our lives."

—10 Mindful Minutes, Goldie Hawn

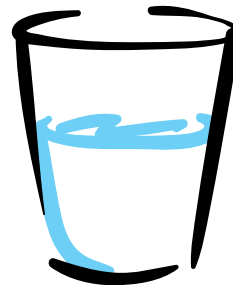
Optimism:

Optimism isn't simply wishful thinking and believing that everything is wonderful. It's a willingness to try new things and plan for the best outcome, knowing that both success and failure are valuable to our development.

Optimism is important to well-being!

Research has shown that optimists have:

- better physical and mental health.
- greater success.
- more satisfying relationships.
- live longer lives.



Seeing the glass half empty? Catch your thoughts, check them, and change them.

1. Catch your thoughts: Notice your thoughts and thinking patterns.
2. Check and challenge your thoughts: Are they accurate or distorted? Look out for patterns of language that may be unhelpful (for example, "It's impossible for me to do that").
3. Change your thoughts: Re-frame your thinking. Is there a different way of looking at this? Ask yourself how a friend would deal with the situation.

Practices for YOU: Perspective-taking and empathy

Seek to Understand:

Listen mindfully to the perspectives of others. Consider what they might be feeling.

Walking in My Child's Shoes:

Consider what it's like to be your child. Can you look at situations from your child's perspective? What emotions would you experience? Are they different from your own?

Optimism

An Optimistic Playlist:

Music is a powerful tool to change our mood. Having your favorite upbeat songs available for the times when pessimistic thoughts start to take over can be really helpful!

Catch the Happy Moments:

Sometimes, we get caught up in daily hassles and forget to focus on the good things. Catch the things that make you smile, and share the happy experience with your child.



Practices with your child: Perspective-taking and empathy

Story Time:

Discuss the different perspectives of characters in stories that you read together. Ask your child to think about how the characters may be feeling, and why, or how they would feel if they were in the story.

Peaceful Problem Solver:

When your child needs to solve a friendship problem, encourage them to look at the problem from another perspective and then work through the issue. Can they practice using empathy? "How might the other person feel?"

Optimism

Model Optimistic Thinking:

When things don't go to plan, verbalize optimistic thinking to your child. For example, when you're stuck in traffic, instead of saying, "We're never going to get there with all this traffic," try, "The traffic is bad today. Oh well, we'll get there when we can."

Create a Joybox:

Create a record of happy memories — a treasure chest (old shoebox), photo book, scrapbook, video, or diary. Have discussions about the different items in your Joybox and why you included them.