

The Jar of Awesomeness

Parent Information

Our Fixed Mindset can be triggered in times of uncertainty and worry. We can often forget all the positive things that happen in a day and focus more and more on the negative. As well as our mindset, this also then begins to impact on our resilience.

If we make a conscious effort to focus on the positives in our day, we can encourage our levels of resilience to rise, our mindset to improve and our mental health to develop.

We are naturally wired to worry and think negatively, it's in our DNA to protect ourselves from harm. Our previous experiences, dating back to the Stone Age, have led us immediately, naturally and without thought, to do this.

With the current COVID-19 situation we have had lots of parents get in touch telling us about their children, who are feeling anxious and worried at this time. Hopefully this may be a little activity that can help alleviate these worries for them.



We love this explanation and activity to engage children in thinking about their resilience and positivity. Explain to your child(ren) that our brain tries to protect us from harm by thinking about the 'What if's' in life and dwelling on the negative experiences we have.

It's normal for us to do this, but sometimes we let the negative emotions take over and it can all become a bit much. We are going to try and rewire our brains to think differently and this may be difficult at first, it may even seem a bit weird, but the more we do it, the easier it will become.

Rewiring our brains takes time and we may feel like giving up, but wouldn't it be nice to put smiles on our faces instead of frowns and feel better in ourselves because of it?



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Parent Information – What to do!

You will need:

A clean empty jar (coffee, jam or similar)

Sharpie markers or craft materials

Little jar of awesome print outs (on card preferably)

- Ask your child to decorate their jar however they wish. Make it something bright, something to make you smile, something to be proud of.
- Cut out the labels in this pack (or you could get yourself some gift tags from local stationery store)
- At the end of each day have a chat with your child about 2 lovely things that happened that day. It doesn't have to be huge, expensive or WOW, sometimes the more simple, the better. Things like – built a tent in the garden, had a picnic, snuggled up to mum and read a book, played with my friends on the X-Box, went on a walk to the shop.
- Write those 2 things on 1 of the labels and place it in your jar.
- At the end of the week (or when you are feeling a little worried or anxious) take out the label and remind yourself of all the fabulous things you have experienced that week.

You can create a positive and happy vibe in your household with a song!

Video it and put in on one of social media channels. We'd love to see it!

<https://www.growyourmindset.co.uk/songs-to-sing>

as well as other activities to develop your mindset

<https://www.growyourmindset.co.uk/free-resources>

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