

NURTURING POSITIVE EMOTIONS IN CHILDREN & FAMILIES

HELPING CHILDREN THRIVE THROUGH JOY, CONFIDENCE, AND CONNECTION



Why Positive Emotions Matter

Positive emotions are more than just 'feel good' moments or always feeling positive. They help us:

- ✓ Build confidence and resilience
- ✓ Improve learning and memory
- ✓ Strengthen friendships and family bonds
- ✓ Encourage problem-solving & creativity

What Creates Positive Emotions?

There are lots of ways to experience positive emotions, even when we don't feel our best. We can help others; say out loud one thing we're proud of; acknowledge how hard we tried. Try turning this into a regular family conversation and support each other!

Every Day Tips For Positive Emotions



At Home

- 👍 Share 'Today My 3 good things' over dinner
- 👍 Create small family rituals like:
 - * Family walks
 - * Story time
 - * Silly ad lib song lyrics
- 👍 A family gratitude jar
- 👍 Weekly "I appreciate you for ..."



At School & Weldon OOSH

- 👍 Make sure to include others in games
- 👍 Say thank you often - for little things too!
- 👍 Recognise the effort friends make
- 👍 Encourage problem-solving & creativity
- 👍 Say "Well done!" to other often