

Period 4 – Positivity: Optimism, Joy, Assertiveness, Straightforwardness

**~The children must be set free from the prison of bad mood, where bad mood, crying and silence is a weapon to get what they want.
Instead they will learn to ask clearly for what they want.~**

During the fourth period, we will practice the following things. You can also pay special attention to these at home.

1. Using positive words and positive sentences.

We concentrate on pointing out the negative words and sentences that make communication negative, and replacing them with positive sentences. We look for positive words and sentences that shape the attitudes of adults and children. "I am great", "I can do it", "I have the courage to...", "I choose to..." and more.

→ At home both parents and children can focus on positive expression.

2. Asking directly for what I want.

Being honest and telling someone what you want with courtesy is learnt behavior that children must be taught. We teach children to take responsibility for their feelings and wellbeing.

→ At home the child can be guided to say directly what s/he wants and after that s/he can learn to apply it somehow. For example: Instead of saying, "I am cold" to gain permission to get a sweater or close the window, the adult can guide the child by asking, "And what do you want to do about that?"

3. Positivity towards life, "don't say don't".

Telling the children that "you are what you think" and training them in the use of positive words and powerful sentences will make the children positive and powerful. Instead of telling the child what we "don't" want them to do, we will tell them what we want them to do.

→ At home you can practice eliminating the "don't" sentences. For example, change the sentence "Don't spill the milk" to "Please be careful with the milk".

~We are positive people in this school and we practice being happy. Because, as in everything else, practice makes perfect. ~

Period 4 – Compliments and encouragement

Using appropriate compliments that focus on what the child needs to practise is the most effective way to achieve success. Here are some ideas for encouraging the children during the 4th period.

Optimism - "Everything is going in the right direction!"

Joy - "Your joy is contagious!"

Assertiveness - "Great that you took the initiative!"

Straightforwardness - "Just tell me directly what it is that you want."



Funded by the European Commission [Daphne III program](#).

European Commission is not responsible for the implementation and the content of the project.

PERIOD 4 - SKILLS

Ponder together with your child what skills she/he needs to practice during the 4th period in terms of optimism, joy, assertiveness or straightforwardness.

Decide together how you will celebrate a well-practiced skill!

You can seal the contract with signatures, so it will become important to both of you.



Skill:



Prize at the end:



Signatures:

