



Helping kids to think positively

Helping children to develop health thinking habits is vital and is the foundation of emotional resilience. At times we all think in unhelpful ways that we know makes us feel pessimistic, down or afraid. However if we think this way all the time, we develop thinking habits that impact on our ability to deal with life's ups and downs. We can help our children become healthy thinkers by modelling positive thoughts and actions. We can point out gently to our children when they are thinking in a negative way (but not giving too much attention) and give loads of praise when we see our children facing difficulties with a positive attitude. Children also look carefully at parents to see how they are viewing difficult situations and in turn develop strategies and beliefs around what they see and hear. Below is a list of unhelpful and helpful types of thinking.

8 Types of Unhelpful Thinking

- **Catastrophic thinking** this is the worst thing in the world
- **Self-Downing thinking** putting yourself down
- **Perfectionistic thinking** Needing to be perfect
- **Needing approval** Everyone must approve / like me
- **Pessimistic** I can't do it
- **Giving up** I can't be bothered
- **Being intolerant of others** people should behave as I want them or expect them to
- **Low frustration thinking** everything in life should be fun, comfortable and easy and I can't stand frustration of any sort

8 Types of Helpful Thinking

- **Perspective Thinking** means thinking it's not the worst thing that could happen to me.
- **I Can do this thinking** means thinking while this is hard, I can still do it.
- **Accepting Thinking** means thinking that when I make mistakes I am not hopeless and people will still like me even if I am not perfect. I still have my good points.
- **Fearless Thinking** means thinking that it's OK to make mistakes when learning new things.
- **Independent Thinking** it's important to be myself and have a go at new things.
- **Confident Thinking** if I really put my mind to this I will be able to do it!
- **Persistent Thinking** we all have to work hard to achieve even though they may not like doing it.
- **Tolerant Thinking** things are hard / frustrating but I can stand it