



Evergrow Gadget

BUILDING POSITIVE EMOTIONS

Busy parents can help their kiddos build positive emotions. Our brains are hard-wired to look for the negative so we have to work extra hard to overcome our built-in "negativity bias." Seeing the positive is powerful because positive emotions can improve attention, open-mindedness, and creativity. Thinking about what went well and what we feel grateful for helps to build our "**positivity muscle.**" Build your kids' ability to see the positive by asking them the following questions on a regular basis.

what good things happened in your day?

what's the best thing that happened during school?

what are you really enjoying about your activities now?

what's your favorite thing to play these days?

How did you feel when you succeeded at your accomplishment?

Tell me one thing that made you feel happy today.