

# Summer Pandemic Planning: Activities That Promote Optimism (Root 5):



Prepared by The Purposeful Parenting Team at Southeast Psych

Optimism is essential to our mental well being, especially in times of crisis. Optimism is the attitude and belief that a better outcome is possible. Simply put, it is using “Hope to Cope.” Choosing and cultivating optimism both for ourselves and our children helps us better face the stress and emotions we are all experiencing as a result of these stressful and uncertain times.

Here are activities that promote the very important Root 5 of the 7 Guiding Principles to parenting with

## PURPOSE:

### Activities that promote Optimism:

- Practice Gratitude: Start a **Gratitude Jar** or **Gratitude Wall** where everyone writes down things for which they are grateful. Read them aloud during meal time.
- Create a [COVID Time Capsule](#).
- **Find humor and laugh** with your family: tell **Kid-Friendly Jokes & Riddles**. Look up **funny memes**, watch **Try Not To Laugh Videos**, or **Some Good News** show on YouTube with your child.
- Create a “**When this is Over**” **bucket list** -- where you want to go, what you want to do, who you want to see.
- Arrange **video calls** with your child’s friends to keep them connected and help them remember that this is all temporary.
- Plan **family fun nights** that focus on the positive aspects of being together. Watch a movie, bake a treat, Facetime with relatives, etc.
- Reduce outside influences that may make it difficult for you to **model optimism** by setting time limits on the news and reducing children’s exposure to negative media.
- Help children **reframe things that may seem scary or uncomfortable** like protective masks into optimistic and helpful tools that are used to help end the spread of the virus. Make pretty or cool masks at home, practice wearing them, and share the message of helping others by doing your part and keep everyone safe!

### Check out these additional resources to promote optimism and the longview:

- [Use the 'POWER' Method to Help Kids Stay Positive](#)
- [5 Tips on how to teach optimism and resilience | Family Time](#)
- [7 Activities to Help Your Child Develop a Positive Attitude](#)
- [10 Activities to Help Children Develop a Positive Attitude](#)
- [Coping with Coronavirus and The Need for Optimism](#), by The Center for Optimism

Go to [MyPurposefulParenting.com](https://www.mypurposefulparenting.com) or Follow Southeast Psych on Facebook and Instagram for more family summer fun activity ideas and Purposeful Parenting Tips for kids in all ages and stages.

**Purposeful Parenting Program** provides parents with the **key knowledge** and **practical skills** for **what matters most** in parenting.