Mrs. Porter's Counselor NEWSLETTER

March 2026

March is National Optimism Month!

March is recognized as **National Optimism Month**, a time to focus on hope, positive thinking, and building a mindset that looks for the good, even when things feel challenging.

Optimism doesn't mean ignoring problems or pretending everything is perfect. Instead, it means helping children learn to say, "This is hard… but I can try," or "I didn't succeed *yet*." When students develop an optimistic outlook, they build resilience, confidence, and stronger problem-solving skills.

Research shows that practicing optimism can:

- Reduce stress and anxiety
- Improve perseverance
- Strengthen relationships
- Support overall emotional well-being

You can support National Optimism Month at home by:

- Asking your child, "What is one good thing that happened today?"
- Modeling positive self-talk
- Celebrating effort, not just outcomes
- Helping them reframe challenges ("What can we learn from this?")

Together, we can help our students grow into hopeful, confident learners who believe in themselves and their ability to overcome obstacles.

Warriors: Rise Up!

In February and March, our *Warriors: Rise Up!* character trait is ***perseverance***. We will specifically look at the following topics: **Importance of Perseverance, Perseverance at Home & School**, and **Perseverance & Goal Setting.**

At-Home Optimism Challenge

This March, try building optimism together as a family! Small daily habits can make a big difference.

5-Day Family Optimism Challenge

Day 1: One Good Thing
At dinner or bedtime, have each family member share one good thing that happened that day.

Day 2: Yet!
When something feels hard, practice adding the word "yet."
"I can't do this… yet."
"This is tricky… but I'm learning."

Day 3: Gratitude Moment
Write (or say) three things you are thankful for, big or small.

Day 4: Flip the Thought
If your child says something negative like, "I'm bad at math," help them reframe it:
"Math is challenging for me right now, but I'm working on it."

Day 5: Spread It Forward
Do one small act of kindness for someone else, like writing a note, giving a compliment, or helping without being asked.

Bonus Idea:
Start a "Good Things Jar" at home. Write down positive moments on small slips of paper and read them together at the end of the month!

Optimism is a skill, and like any skill, it grows with practice. Thank you for partnering with us to help build hopeful, resilient learners!

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