

S5 EP15 Building Resilience Through a Positive Mindset

PARENT GUIDE

What this video teaches (Ages 6–9)

Kids learn that:

- Positivity **doesn't mean pretending** everything is fine
 - Feelings are **signals** we can notice and name
 - A tiny **pause + breath** helps the brain make better choices
 - A quick reset tool: **Think, Connect, Move**
 - Families can share both the good and the hard using **Rose + Thorn**
 - Everyone has strengths, and using strengths builds confidence and resilience
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Before Watching (Ages 6–9)

Ask (choose one):

- “What’s a *grumpy morning* like for you?”
- “What do you do when you feel upset or frustrated?”
- “If feelings could talk, what would they say?”

Keep it light and normal. No big lecture.

During Watching (Ages 6–9)

Point out:

- The moment the character **pauses**
- The three steps: **Think, Connect, Move**
- The idea that feelings are **allowed**



You can quietly say:

- “We don’t have to fix feelings. We can notice them.”
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After Watching (Ages 6–9)

1) Practice “Rose + Thorn”

Ask:

- “What was your Rose today?”
- “What was your Thorn today?”

Optional follow-up:

- “Do you want help, comfort, or space?”

2) Build a Family “Positivity Reset”

Make a simple plan together:

- **THINK:** Name one good thing (even tiny)
- **CONNECT:** Name one safe person to talk to
- **MOVE:** Pick one quick movement (stretch / walk / shake out hands)

Write it on a note card and put it on the fridge.

3) Strength Spotting (30 seconds)

Say:

- “I noticed a strength in you today: ____.”
Then ask:
 - “What strength did you use today?”
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PARENT-ONLY: WHY THIS MATTERS FOR PREVENTION



A positive mindset is not “cheerful vibes.” It’s a **protective skill set**:

- Kids who can name feelings and ask for help are less likely to cope through risky behaviors
- Strength-spotting builds **self-worth**, which protects against peer pressure
- Family rituals (Rose/Thorn, gratitude, repair after conflict) create **connection**, which is one of the strongest buffers against substance use risk
- Positivity done right teaches: **hard feelings are survivable**, and support is available

Important note: This is **not** toxic positivity. The goal isn’t “make pretend you’re happy.” The goal is: **feel it, name it, move through it, and stay connected.**

FOR OLDER KIDS (Use without the video)

Ages 10–13

What to say

- “Positivity doesn’t mean ignoring problems. It means believing you can handle them.”
- “You’re allowed to have bad days. Let’s build tools for them.”

Try these 3 tools

1. **Rose / Thorn / Bud**

- Rose = good thing
- Thorn = hard thing
- Bud = something you’re looking forward to / a possibility

2. **Active-Constructive Responding (2 minutes)**

When your kid shares good news, try:

- “Tell me more—what was the best part?”
 - “How did you make that happen?”
- This builds connection and confidence fast.

3. **Think, Connect, Move (Middle school version)**

- THINK: “What’s one thing I can control right now?”



- CONNECT: “Who can help—friend, parent, teacher, coach?”
 - MOVE: “Reset my body—walk, stretch, shower, fresh air.”
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Ages 13+

What to say

- “I don’t need you to be positive. I need you to be honest.”
- “If you’re stressed, we can problem-solve together—or I can just listen.”

Three practical strategies (fast + real)

1. Process praise (growth mindset)

Swap:

- “You’re so smart”
for:
- “You worked hard / you kept going / you tried a new strategy.”

2. Strengths + Support plan

Ask:

- “What are you best at when you’re at your best?”
Then:
- “What helps you get back there when you’re not?”

3. Repair after a rough moment

If you snapped or missed a moment:

- “I wasn’t my best earlier. I’m sorry. Let’s reset.”
This models accountability and reduces shame—two major prevention wins.
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OPTIONAL FAMILY RITUALS (Pick 1)

- **3 Good Things** (gratitude): each person shares 3 good things (tiny counts)
- **Weekly “High/Low/Help”**: high point, low point, one help you want



- **Tiny forgiveness practice** after conflict: “What happened, what I felt, what I need next time”

