HOME OF THE BULLDOGS

Mind Control:
The Power of Positive Thinking!

Upcoming Events!
Feb. 10th & 11th - Parent-Teacher Conferences

Feb. 11th - Distance Learning Day

Feb. 12 - Student Non-Attendance Day

Feb. 15th - Presidents' Day - No School

1. **Patterns: Your brain likes patterns!**
   - This means that you can get caught in a pattern or cycle of negative thinking
   - By training your brain to think positively, you can shape your thoughts, feelings, and experiences to be positive too.
   - it takes practice, but soon you can create a pattern of positive thinking.
   - Positive thinking will help you overcome bumps in the road and lighten the amount of stress.

2. **The power of positivity!**
   - If you have positive thoughts about yourself, then you will have positive feelings, If you have positive feelings, then you will have positive experiences.
   - Think back over the past month to a positive experience
   - Think about your strength or qualities do you like about yourself
   - Tell yourself about how great YOU are. You can start out by saying "I am..." ex. "I am smart!" or "I can do it!"

3. **"SOS" - Feeling down? Having negative thoughts?**
   - STOP: Tell yourself, "Stop!"
   - Observe: Observe what you are saying to yourself and how it is making you feel
   - Shift: Shift your thinking to something positive!

Let's Talk:

Let's talk about tapping into your superpower. You were born to learn. Before you even entered the world, you were listening to and experiencing the stimuli around you. You gather up information like squirrels gather nuts for the winter. So, what does all of this knowledge collecting have to do with a growth mindset? A growth mindset is the belief that your intelligence, abilities, skills, talents, and even personality are not fixed. These core aspects can change over time. How do they grow? They develop because of your ability to try, fail, and learn. The most important part of a growth mindset is the ***BELIEF*** in your ability to learn. Learning is the key to everything! Think of all the things that you haven't learned just yet. Remember this next time when you struggle on a math test. It's not that you can't do it, you just can't do it ***yet***. That means it's time to use your growth mindset and get back to the drawing board!
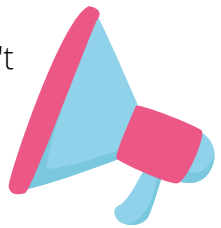
Can YOU solve this problem?

The first 3 students to correctly solve this problem will receive a prize. Stop by the counseling office to see if you got the answer right!

Who's My Counselor?
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