



All Things E.Q.

The Discovery of You

Hello Parents and Guardians,

We are excited to share All Things E.Q. again with you this year. Our motto this week is:

My day depends on me.

Regardless of our circumstances, we can make the most of each day. We certainly want this for our children, and yet the opposite is often modeled in society. For example, your day might depend on what day of the week it is:

- Monday :(
- Tuesday :(
- Wednesday :(
- Thursday :|
- Friday :)
- Saturday :)
- Sunday :|

Surprisingly, even Sunday can be considered a bad day because we are too bummed Monday is coming! We give away five days of the week and keep two. We can do better, and we certainly want better for our kids. Here are three helpful tools you can share with your child:

1. Perspective
2. Gratitude
3. Temporary

I recommend sharing your own examples for each tool because children often learn their coping skills from us. I shared with my daughter how each day has natural ups and downs, and how to not get too upset about the natural challenges in life. Later, when my car battery died, she gave my own advice back to me! While I wanted to be upset about the inconvenience, she reminded me that problems happen in life and what matters the most is how we choose to deal with them. More importantly, I now knew that my daughter understood the power of perspective.

"We are not given a good life or a bad life. We are given a life, and it is up to us to make it good or bad."
-Ward Foley

At the end of last year, we created a Newsletter for families. The Newsletter shares the tools for each week, using student examples. Many parents enjoyed them, so we will include them here as a [regular feature](#) for you to print out and share with your kids if you choose. Thank you for participating in our weekly parent insights.

Until next week, take care and be well,

Danna Evans
All Things E.Q.