Dear Parents,

April is the month SSPP School will be learning about and practicing the virtue of **Optimism**. Optimism is the way you see and think about what is happening around you and to you. It is a view that the world is essentially good. Being optimistic means staying positive; focusing on the good instead of the bad. When we show optimism, we think about all the great things that might happen instead of the bad things that might happen. An Optimistic person has hope and faith, and is cheerful knowing that God will always provide for them. Optimism can make you happier and healthier.

K-2 will learn about optimism and cheerfulness. It takes practice to see the goodness in our lives and find the silver lining. 3-5 will understand optimism while seeing the wonder and awe of God’s creation. They will come to understand that God has wonderfully made EACH of us, with a plan and a direction, and knowing that helps us to live with optimism. 6-8 will come to know the virtue of optimism by expressing the goodness of life with enthusiasm!

Seeing things optimistically is a choice. Help your child practice the virtue of optimism by teaching them the meaning of the idiom “When life gives you lemons, make lemonade.” They can use this when they lose a game, saying, “I like to win, but I don’t have to be unhappy because I lost.” “Maybe I’ll win next time!” Remember, when it comes to the virtues, **PRACTICE MAKES PERMANENT!**

**READING SUGGESTIONS**

*(check out COMMONSENSEMEDIA.ORG for more books & reviews)*

**Lower grades:** *Knut: How One Little Polar Bear Captivated The World* By: Isabella Juliana

**Middle grades:** *A Dog’s Life: The Autobiography of a Stray* By: Ann M. Martin

**Jr. high/adult:** *The Miraculous Journey of Edward Tulane* By: Kate DiCamillo

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Being OPTIMISTIC makes others feel better.

–Truman D

You should look on the good side of things.

–Connor K

OPTIMISTIC people do not give up!

–Dante

I feel better when I am OPTIMISTIC.

–Alexa

Think on the positive side.

–Maria B

An OPTIMISTIC person is happy & healthy! By: Keira M

Something new? Think of all the friends you will make! By: Nora