

E.J. Moss Counselor Connection

EJ Moss Intermediate | Lindale ISD

The Impact of Positivity for Students

In a 2018 study by Stanford University researchers looked at 240 children ages seven to 10 and found that “being positive improved their ability to answer math problems, increased their memories and enhanced their problem-solving abilities.” Study author, Abigail Johnson Hess, goes on to state, “Schools across the country should dust off their ‘if you believe it, you can achieve it’ posters because scientists have discovered the brain pathway that directly links a positive attitude with achievement.”

The research specifically pinpoints the ways in which a positive attitude improved the functions of the area of the brain responsible for memory. Memory is a core ability needed for all learning processes. The greater the memory, the greater the learning.

In the article linked *The Impact of Positivity for Students*, Melani Hess explains how powerful positive thoughts and practices can be for our students. She first discusses the impact on physical health including stronger immune responses and improved heart health. Positivity has so many more benefits including mental health benefits. Kids who are positive thinkers practice positivity tend to be stronger problem solvers and have better coping skills and increased creativity. The academic benefits for kids include more effort put into schoolwork and increase success in school.

Parents are a student’s first teachers and can model their attitudes and behaviors. Even though this article is geared towards students’ benefits, we can all take notice of the information and strategies that can benefit all of us. In the article linked below, the author discusses practical, everyday strategies that we can all practice at home to increase positivity.

What's in this Month's Issue:

- The Impact of Positivity for Students
- Positive Affirmations for Kids
- Try it at Home!
- SEL Books of the Month
- Calendar of Events

At school, positive thinking is a topic frequently addressed with the students. Positive Affirmations are a easy way to incorporate positive thinking through the day. Take a look at the article below to learn more about positive affirmations.

-from Haverford Township Counselors' Connection

Abigail, J.Hess. (2018, February 5). (New Study from Stanford University finds that positivity makes kids more successful. CNBC. Retrieved December 7, 2022, from <https://www.cnbc.com/2018/02/05/stanford-university-study-positivity-makeskids-smarter.html>).



Positive Affirmations for Kids

Positive affirmations are a powerful tool to gift to your child from a young age. Not only do they foster a positive self-image and growth mindset, affirmations also battle negative self-talk and assist in elevating a child's overall mood and well-being.

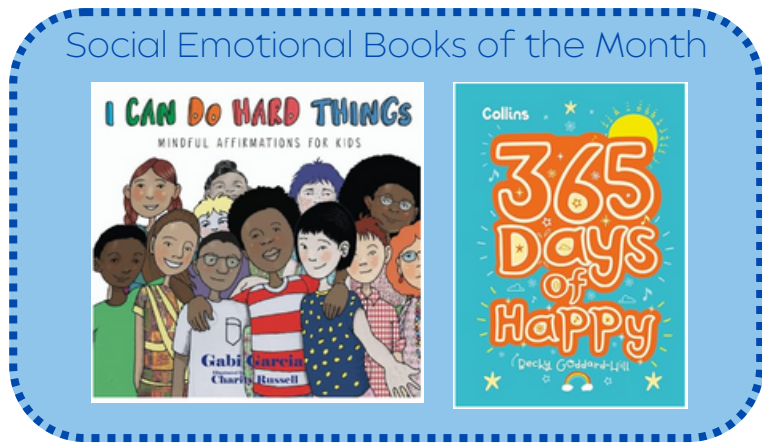
Affirmations can be verbally recited, written and/or listened to. However you choose to help your child implement affirmation, work to include them into their daily routine. Create them with your child or use a pre-scripted option. Here are some to start with:

-from Haverford Township Counselors' Connection

For more information and examples of affirmations:
<https://www.centervention.com/morning-affirmations-for-kids/>
<https://www.prodigygame.com/main-en/blog/positive-affirmations-for-kids/>



Try it at Home!



Upcoming Dates

- 1/3: 4th Six Weeks Begins
- 1/5: College Colors Day
- 1/9: (West) All Soar Awards Store
- 1/11: (East) 5th Grade Soar Awards Store
School Resource Officer Day
- 1/12: (East) 4th Grade Soar Awards Store

- 1/15: Student Holiday
- 2/6: 4th grade RLA STAAR Field Test
- 2/8: 5th grade RLA STAAR Field Test
- 2/9: School Counselor Day
- 2/16: End of 4th Six Weeks, First Things First, & Kona Ice
- 2/27: School Bus Transportation Appreciation Day