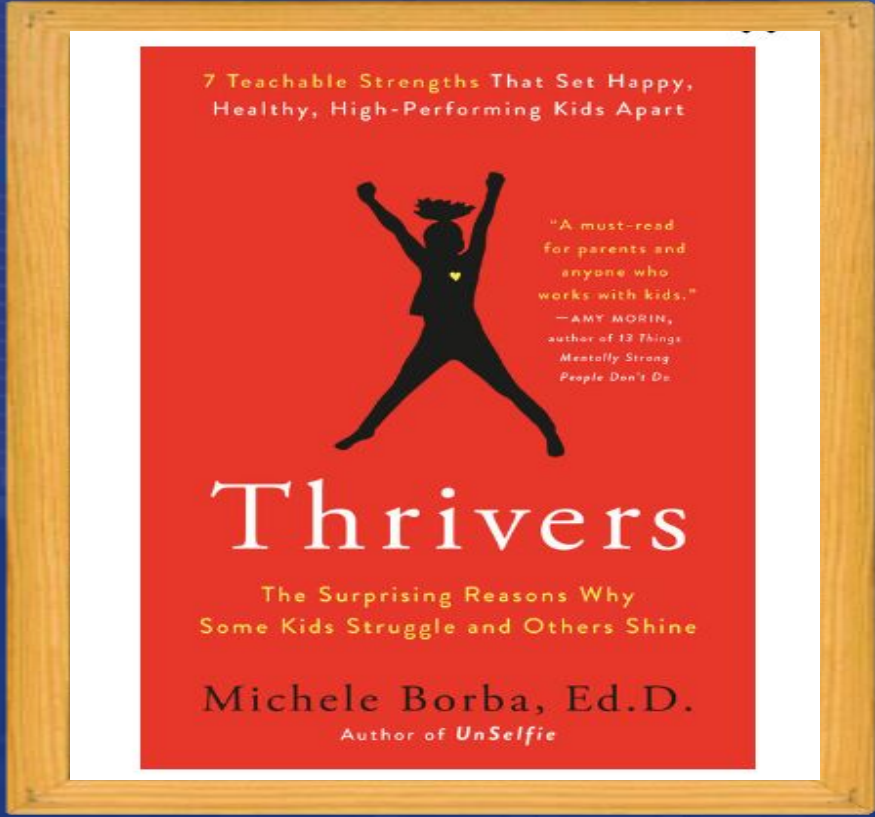




PARENT

PARTNERS

2023



Dr. Michele Borba is a parent, educator and passionate advocate for young people. [Check out her site for valuable tips.](#)

THRIVERS was published in 2021 amidst the global pandemic as an opportunity to reflect on our education in and outside the classroom as a society and through her many conversations with young people all over.

2023



**Nurturing A Caring Heart
1 & 2**

**Developing A Strong Mind
3-5**

**Cultivating A Determined Will
6 & 7**

**Assessing Your Child's
Strengths**

7 Essential Character Strengths to Help Kids Thrive:

- 1. *Self Confidence***
- 2. *Empathy***
- 3. *Self Control***
- 4. *Integrity***
- 5. *Curiosity***
- 6. *Perseverance***
- 7. *Optimism***



Nurturing a Caring Heart

TALENT (p. 39):

Tenacity, Attention, Learning, Eagerness, Need, Tone

- Earshot praise
- Make practice fun
- Fuel their spark
- Acknowledge their core

CARE (p. 90):

Console, Assist, Reassure, Empathize

- Model feelings and emotions in self and others by active listening, role play and walking in another's shoes
- Increase gratitude





Developing A Strong Mind

FOCUS (p. 116):

Food, Overscheduled, Computers, Unrealistic Expectations, Sleep Deprivation ([video clip](#))

TEACH (p. 147):

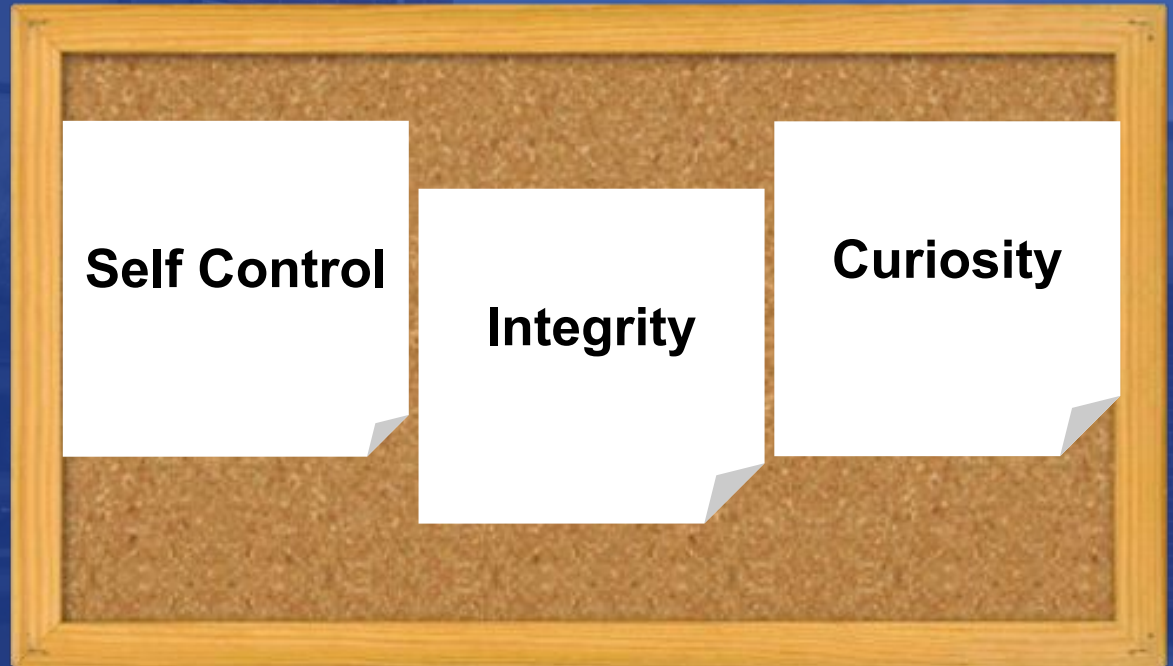
Target, Exemplify character, Accentuate with a motto,* Catch it, Highlight it

CURIOUS (p. 175):

Child driven, Unmanaged, Risky, Intrinsic, Open Ended, Unusual, Solitude

SPARK (p. 180):

Say the problem, Positives only, Add options, Rapid fire ideas, Keep trying!





Cultivating a Determined Will

A growth mindset comes from setting reasonable goals with realistic timeframes.

With littles, use a formula of “*I will + what + when*” (I will clean my room when I am done with dinner) and with the bigs add “*I will + what + when + how*” (I will read 15 pages in 30 minutes with no music on in a quiet place”

CALM (p. 239):

Chill, Assert, **Look Strong & Mean It**



2023

“We are college and career ready, but sure aren’t ‘human’ ready” (Erin, age 16, p.3)

“Parents need to tell their kids over and over, ‘We’ll get through this.’ And ‘I’ll love you *no matter what*. Tomorrow is another day.’ “ (Adam, age 15, p. 246)



Multiplier Effect:

Self Confidence + Curiosity increase self knowledge, self assuredness and creativity.

Self Control + Perseverance boosts the chances of success.

Empathy + Curiosity find common strengths within relationships.

Self Control + Integrity reduces temptation and helps us to do what is right.

Integrity + Curiosity + Empathy enhance purpose and foster social justice.

*Please take responsibility for the energy you bring
into our building.*

Your words matter.

Your behaviors matter.

Everyone here matters.

*Take a slow, deep breath and make sure your energy is in
check **before** entering, calling, and, emailing.*