



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Dear Parent/Guardian:

Today in your child's classroom, I read *The OK Book*, by Amy Krouse Rosenthal and Tom Lichtenheld. "*The OK Kid* loves to try lots of different things. Even though he's not good at everything he tries, he has fun giving it all a go, because he knows that's how he'll find out what he's really good at." The OK Kid enjoys trying new things, even if he is *just OK* at doing them!

Your support and confidence give your children the freedom to explore, try new things and find out what they like to do. Belief in the ability to change and grow is called a *growth mindset*. Your attitude about change, taking risks, trying new things and being *just OK* at something you enjoy signals to your child whether it is OK to be *just OK*.

Building resilience and self-regulation are tough skills. By experimenting with new experiences, youth have opportunities to practice facing frustration, pushing through difficulties and gaining satisfaction over time. By practicing a *growth mindset*, you show youth that you believe in them, and in their ability to stretch and grow.

We discussed a *proactive* or *I can* attitude, too. This optimistic approach to trying new things gives youth practice focusing on things that they have control over; like their attitude about trying something new. **Please encourage your child to use *positive self-talk* by practicing and modeling the following phrases yourself; and *noticing, naming and celebrating* your child's use of positive phrases and attitudes like:**

- I'll give it a try, or I'll do it!
- *I can* do better, if I try again...
- Let's look at all of our options...
- I choose to...
- There's got to be a way...

If you hear *reactive* (*I can't*) language, ask your child to rephrase the statement to make it a *proactive* statement. Help your child practice turning an "I can't" into an "I'll try it!" Celebrate the risk, effort and resilience it takes to try something new and challenging.

Sincerely,

Name \_\_\_\_\_

## It's OK to be OK Playing Cards

Ask your family to fill out a page of "I'm OK" cards and "I want to try" cards.  
As a family, fill out the last page together!

I'm OK at _____.	I'm OK at _____.
I want to try _____.	I want to try _____.

Name \_\_\_\_\_

We want to try _____.	We want to try _____.