



Bee Me Kidz in a Box

Dear Bee Me Kidz Familiez,

WE'RE BACK! With Saint John recently moving to the Orange phase, Bee Me Kidz had to make the hard decision to suspend the program this Saturday. However, this means Bee Me Kidz in a Box is back for another round!! Although we would rather BEE with you in person having fun and seeing all our amaZZZing families, your safety is our top priority.

Our topic of the week is "Optimism". Parentz will be discussing the cycle of thinking and how our thoughts influence our behaviour. Kidz will be focusing on how to be optimistic even when they feel or experience a variety of emotions. Please work on the lessons and activities to gain a full understanding of this week's topics. Please send pictures of your family's amaZZZing work to your center leader or upload it to Facebook for a prize!!

The Bee Me Kidz Team is **OPTIMISTIC** that we will all BEE together soon for more BEE-tastic Saturdays! Stay tuned for further updates by checking our Facebook and Instagram pages and talking with your Center Leader.

In this booklet you will find:

- Parentz Lesson
- Kidz Lesson
- Kidz Activities
- Instructions for Snowman Snow Globe Activity

Warm regards,

The Bee Me Kidz Team
506-654-0064



For Parents/Guardians



Everyone has different feelings going into a new year. For some, it is an exciting time filled with optimism and new beginnings, and for others it is stressful and overwhelming to make new decisions and plans. Some people see new chances and set resolutions; others see another year full of unknowns. New Years is the perfect example that while we all experience the same *situation*, not everyone feels the same way at the same time. We have already established that everyone has their own individual emotions, however, the level at which we feel them is different as well.

With your child(ren), rate your feelings to the following statements on a scale of 1 - 10. "0" being of low importance and "10" being of high importance on the scale below. You may be surprised at how similar or different your reactions will be.

How would you feel about:	Parent/ Guardian	Child(ren)
1. Seeing your friends/colleagues		
2. You hear someone gossiping about you		
3. You ask for help from your neighbour/friend and they say no.		
4. Getting a new puppy		
5. Going to Bee Me Kidz on Saturday		

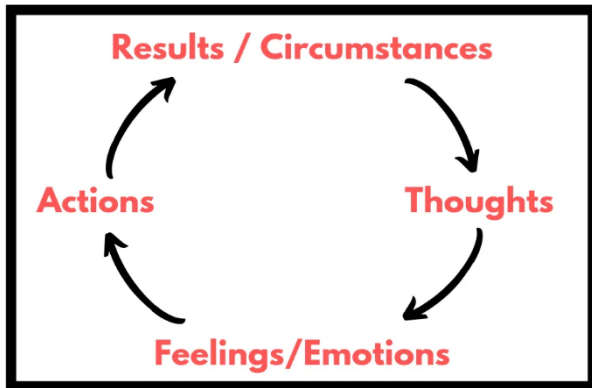
Our mindset about new chances, leaving the past behind, moving forward and being open to opportunities lies in our ability to be **optimistic**. To be optimistic means to be hopeful, see possibilities and appreciate what we have. It means we recognize that we will make mistakes and wrong decisions, but we will learn from it and do better next time. Or perhaps we try really hard to see the good in situations that might not feel so good at first. As humans, we often automatically look at and focus on the "bad" side of things, even if we do not realize it.

However, if we try to be OPTIMISTIC and change our thinking process, we can become better equipped for success and making better choices.

For example:

Without Optimistic Thinking	With Optimistic Thinking
"Mike just got a promotion at work. We were hired at the same time! Why didn't I get it?"	"Mike just got that promotion at work! I wonder where he got the application form. We were hired at the same time and I want to move up too, maybe I'll find him at lunch and ask."

When we take a moment to change our thinking process our emotions/feelings and ACTIONS change. The intensity of our emotions can influence our behaviour and lead to both positive and negative outcomes. If we were to take the examples from earlier without optimistic thinking, our thought cycle can lead to very damaging thoughts.



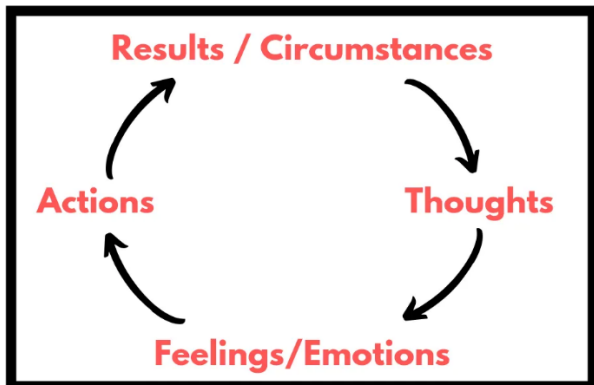
Circumstances: Mike got a promotion at work

Thoughts: Mike and I were hired at the same time!
Why didn't I get it?!

Feelings/Emotions: Frustration, Anger, Bitterness, Resentment

Actions: Jaded conversations, Rude remarks

However, using the same cycle, if we include the OPTIMISTIC thought process, things change.



Circumstances: Mike got a promotion at work

Thoughts: Mike just got that promotion at work! I wonder where he got the application form. We were hired at the same time and I want to move up too, maybe I'll find him at lunch and ask

Feelings/Emotions: Curiosity, Planning, drive to succeed

Actions: Find him at lunch, positive conversation, inquiring questions

As you can see, when we change our thinking, we can change our actions. It may take us awhile to break the cycle of negative thoughts, but once we do start to make those changes, it becomes easier and easier for it to become a natural process.

There is no "right" or "wrong" way to feel about our current situations, friendships, and relationships. Our emotions are influenced by many different things and sometimes, things will be negative, hard, or difficult to move through. However, this does not mean that we have to wallow in those feelings and become defeated. If we can change our thought process even a little to allow change to happen or something to move forward, we are moving in the right direction!

Talking With Your Kidz Week



Today we are learning about **Optimism**. The word optimistic means you think and act positively. It also means to be happy for yourself and others. Let's talk about how being **optimistic** can help us see the bright side in any situation!

Optimism does not always come naturally for us. Our brains usually focus on mistakes or problems before we see the bright side. The good news is, we have the power to change this! At Bee Me Kidz, we think of optimism like a muscle: the more you exercise and train your brain to think optimistically, the more natural it will come. We need to really practice being optimistic, especially when we are feeling down.

Activity:



Sit your child(ren) down and present them with a glass of water that is filled halfway. Ask your children if the glass is half empty, or if it is half full, and why they think that. The point of this activity is to show you is that how we see things is quite simple at times. There is no "right" or "wrong" answer to this activity, it is only a tool to help you see their thought process.

The way we view the amount of water in each cup is very similar to the way we look at things around us. If we think that the glass is half full, we are looking at the positive side. If we view the glass as half empty, we are focusing on the negative.

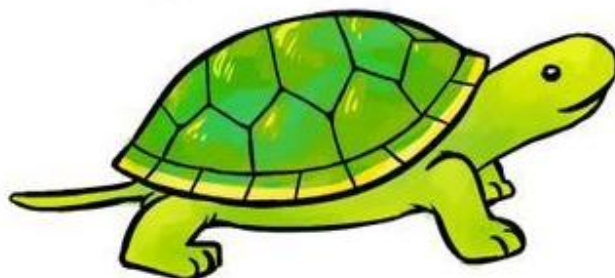
Sometimes it is hard to be optimistic when we are feeling uncomfortable emotions. It may feel like there is nothing "good" about the situation we are in. However, if we take a step back and try to see it differently, we can calm ourselves down and look at it with fresh eyes.

Example 1	Example 2
<p>Melanie is angry because she didn't get her favourite snack in her lunch at school and starts to pout. After taking a minute to breathe, she remembers her mom is making her favourite supper tonight and continues to eat her lunch happily and tries to remember not to react so quickly.</p>	<p>Jackson feels bitter about the fact that his best friend will not play with him after school one day. After talking with his mom when he got home he realized his friend was at his grammas house for supper and had a previous commitment. It wasn't that he didn't want to play with him!</p>

It is important we encourage our child(ren) to stop, take a second to think about the situation, and try to find the bright side even if it is hard to find.

Being optimistic with ourselves is important as well! The way we talk to ourselves matters! When we are feeling mad or discouraged, we sometimes say things like "I can't do this!". These are very heavy words and even if we may not mean it in the moment, our brain will remember what we said. This is why it is so important to practice switching these negative statements into positive ones. It will not happen over night, but if we really try every day, it will eventually come naturally.

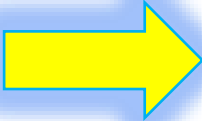
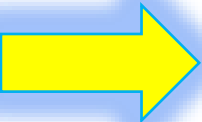
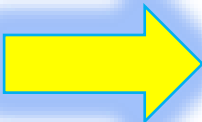
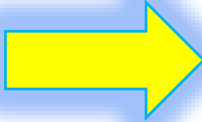
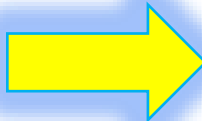

your speed
doesn't matter,
forward
is
forward



Optimistic Thinking



Fill in the boxes below by changing the negative thoughts into positive, optimistic ones! The first one is already done for you 😊 When you are finished, hang this on your refrigerator to remind your child(ren) to try really hard to speak to themselves in a positive way.

Mad/Angry Thoughts		Optimistic Thoughts
I'm not good enough.		What am I missing?
I give up!		
This is too hard for me.		
I will never be as smart as the other kid.		
I don't like you.		
We're not friends anymore!		



Fill Each Day With **OPTIMISM**



3 ways you can practice being optimistic:

**Talk about a time where you made the best
out of a difficult situation:**

Why is it important to be optimistic?

**How do you feel when you are around
someone who is negative?**

Show Some Optimism

Optimism: means thinking and acting positively. Having a positive outlook. Being happy for yourself and others.

1 I have a good sense of humor: Always _____ Sometimes _____ Never _____

Your goal: _____

2 I am hopeful and find good in things: Always _____ Sometimes _____ Never _____

Your goal: _____

3 I am cheerful around friends and family: Always _____ Sometimes _____ Never _____

Your goal: _____

4 I have a positive attitude about school: Always _____ Sometimes _____ Never _____

Your goal: _____

5 I have a healthy outlook about things. Always _____ Sometimes _____ Never _____

Your goal: _____

Snowman Snow Globe



Supplies inside your BMK in a Box:

- Snow globe template on white card stock
- Snowman Template
- Contact paper
- Black construction paper
- Yarn
- Button Stickers
- Confetti

Directions:

- 1) Cut out snow globe template along the thick black line. Make a slit in the middle of the circle to cut out the "inside" of the snow globe.
- 2) On your snowman template draw a fun happy face and use some of the button stickers for his belly! Once you're done, cut out and put aside.
- 3) Design and create a hat using the black construction paper, cut out and put aside.
- 4) Peel off the back of the first contact paper and lay your snow globe template **on top**. Add your snowman, his hat, yarn scarf and some confetti for the "snow" effect.
- 5) Peel off the second sheet of contact paper and lay it **sticky side down**. Smooth it out with your hands.
- 6) Cut the excess contact paper off around the snow globe.

Hang up in a window and enjoy!!