

Chaplain's Spot

'Choose your attitude'

'I decided to be happy, it is excellent for one's health.' [Voltaire]

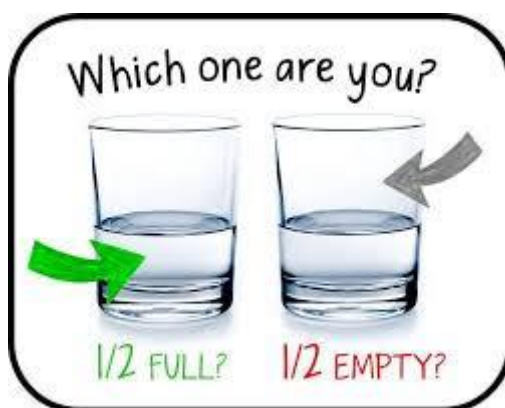
As we go through life it is often easy to notice the negative, yet there is always lots of positive stuff happening – develop a repertoire of phrases to use to boost your child's confidence and motivation.



When was the last time you told them they made you feel proud?... or suggested that they didn't give up, and that they were able to complete their task? How long since you gave them a hug and told them you loved them? These things will give your child a boost and lift them to great heights.

Praise them for their achievements but also their efforts. Even when your child fails, you can praise them and speak positively – even about how well they got up to try again. You can assure them that failing isn't the end, and they have skills and abilities to learn. and do things better next time. As we know, some of our best lessons were learnt when we failed in the past.

Additionally you will be demonstrating the need for a positive outlook in life and the benefits of good behaviour. We have the ability, with the words that we use, to shape our children's worldview and perceptions and encourage them to "Always Look on the Bright Side of Life" [Eric Idle]. Nigel Lane. www.nigellane.com.au Used by permission



Quote of the week: "Whatever your altitude [up or down], choose your attitude"

Alan Silverwood – Chaplain - Pastoral care for our community, Tuesday Thursday Friday. [silverwood.alan.1@edumail.vic.gov.au]

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