

If you are anything like me, my children returning to school from Winter Break makes me happier than just about anything! Then, as I analyze this thought, a twinge of guilt fills my brain. Why do I get to *that* point at the end of this break? Most might say that's a natural reaction when you having 5 children that span 6th grade through a Sophomore in College (which, shockingly, I have). Thankfully, however, when I get to that point, I am learning to transform my thoughts and "see it differently". It's what's referred to as *Positive Intent* and we all could use more of it. *Positive Intent* simply means looking at the best in a given situation or seeing it differently from another's view point. A number of you know how much I spend in a car-going from Evergreen to Denver and then back. This is what positive intents looks like to me on my two hour commute:

Initial thought: "That jerk just cut me off in traffic!"

New (positive intent) thought: "Oh my! That person must be on their way to the hospital to pick up their new baby. I'm going to wish that person well."

Silly as it sounds, I take a deep breath and actually feel better that someone just cut me off in traffic.

Many of you may say, "Our Director is loony!" or "What's in this for me, Ms. Susan?" Well, I'll tell you. Negative thoughts actually affect our biochemistry and when we are constantly looking at the "bad" (whether verbally or through our thoughts) that sends some pretty powerful messages to our internal computer. It tells the brain to release stress chemicals like cortisol. If you know anything about cortisol, you know that too much is *never a good thing*. This hormone effects memory and learning; which is why you are constantly loosing your keys and your mind! 😊

So back to our children and for those moments when we wish for year round school, I found this article that helps me when dealing with certain personality traits. Check it out! It may help you "see things differently" and keep your own internal state calm and healthy!

POSITIVE WAYS TO SEE CHILDREN

NEGATIVE DESCRIPTION	POSITIVE SIDE OF QUALITY
Bossy	Good Director, Natural Leader
Clingy	Affectionate
Compulsive	Efficient
Conceited	Values Self
Crabby	Speaks Out Needs
Dawdles	Easy Going
Dependent	Connected
Domineering	Charismatic
Doodles	Creative
Fearful	Thoughtful/Careful
Finicky Eater	Future Gourmet/Discriminating
Foolish	Fun-Loving
Fussy about Food/Clothes	Has Specific Tastes & Defends Them
Goofy	Creative
Loud	Expressive
Mean	Power-Seeker
Mouthy	Expressive
Naughty	Independent/Assertive/Persistent
Nosey	High Curiosity
Plain	Natural
Quiet	Thoughtful
Rigid	High Sense of Order
Shy	Can Entertain Self/Inner Directed
Silly	Fun-Loving
Sneaky	Inventive
Spoiled	Can Get Attention When Needed
Stubborn	Persistent
Talks Back	Courageous, Honest
Tattletale	Seeks Justice
Timid	Careful
Too Talkative	Communicates
Wants Attention	Speaks Out Needs

DARE to be You

And now I leave you with this quote:

“Children cannot behave differently until they are seen differently.” –Becky A. Bailey

That statement can be made about adults too. The beautiful thing is we all have a choice. We can choose to focus on the negative aspects of others and our current circumstances or “see it differently”. And what a powerful thing that teaches our children! Not only do they learn tolerance, which reduces the urge to judge, but you are helping to create a healthy body that produces positive chemicals which create optimal brain development. WOW! Now that’s something to “think” about.

I wish you well!

Ms. Susan

Information taken from Conscious Discipline by Dr. Becky Bailey