



All Things E.Q.

The Discovery of You

Hello Parents,

Welcome to week two with All Things E.Q. The motto this week in school is:

Are my thoughts helping me or hurting me?

The goal this week is to help students understand that their thinking can affect their experiences. Here are some questions you can ask your kids in the morning to help them think about their thinking:

- What do I think today will be like?
- Do I want a day like that?
- Can I picture a better day happening?
- What can I do to help make that day happen?

These questions acknowledge their current state of mind, while also encouraging them to move on and think about new possibilities.

For more strategies, you can read the [E.Q. Newsletter](#).

Thanks for participating in our weekly updates,

Best to you,

Danna Evans
All Things E.Q.