

# EMPOWERING MINDS

## A FAMILY GUIDE TO THE 7 MINDSETS

### WE ARE CONNECTED

The We Are Connected Mindset encourages a sense of connectedness to others. It shows us that life is happier and more meaningful when we build good relationships. This mindset teaches students to be kind, work well with others, and appreciate friendships. It also helps them see that they're never truly alone—friends, family, teachers, and their community are always there to help. Research shows that students who have supportive relationships are healthier, both as they grow up and later in life.



### PRACTICAL TIPS FOR YOUR FAMILY

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- **Model and Celebrate Kindness:** Show your child how to care about others and appreciate what makes them unique. Encourage and support your child to be kind and celebrate their compassion.
- **Build Community Connections:** Do activities together as a family, such as volunteering or going to community events to meet people. These shared experiences will show your child how to create strong relationships.
- **Inspire with Purpose:** Teach your child to build friendships by helping others—whether it's including someone in an activity at school or helping a sibling at home. By seeing how even small acts of kindness can make a big difference, children will feel proud and find purpose in their relationships.

### MINDSET MATTERS

Here are ways we want to support your child:

- **Embrace Everyone:** Teaching your child to embrace everyone encourages acceptance and kindness, showing them the value of kindness and the unique qualities each person brings.
- **Maximize Positive Relationships:** Helping your child build and focus on positive relationships helps them feel supported and encourages a life full of trust and happiness.
- **Build Your Dream Team:** Encouraging your child to surround themselves with people who inspire and support them builds a foundation for personal and shared success.
- **Lead with Value:** Motivating your child to lead with value teaches them to help others and make a positive impact in their relationships.



### CONVERSATION STARTERS

Use these questions to engage in a conversation with your child/children.

- What's one thing you admire about a friend, family member, or teacher? How could you let them know how much you appreciate them?
- What are some ways you can support someone who feels left out?