



Parent's Guide to "Brewing the Optimism TEA Potion" Activity

Introduction:

Greetings Parent! Today, you will guide your little wizards on a transformative journey to discover the power of optimism. With the TEA potion – Thoughts, Emotions, and Actions – they will learn the art of turning even the cloudiest days into sunlit adventures.

1. Pre-Activity Prep:

- Read the story file attached for inspiration. Ensure you understand the core message to relay it effectively to your young sorcerers.
- Arrange the required materials on a table, making sure the setting is conducive to creativity. Consider adding some wizard-themed props for a touch of magic!

2. Setting the Stage:

- Begin by discussing the importance of perspective and how our thoughts, emotions, and actions are interconnected.
- Introduce the concept of the TEA potion as a magical tool to navigate challenging emotions.

3. Brewing the Potion:

- Help your child recall a challenging or disappointing moment. Ensure they feel safe and supported while revisiting these memories.
- Guide them through each step, ensuring they understand the concept before they fill in their potion bottle.

4. The Magical Transformation:

- The key to this activity lies in reframing. Emphasize that while we can't always change external events, we can change our internal reactions to them.
- Encourage your child to think of positive alternatives to their initial thoughts. Offer suggestions if they're struggling but let them take the lead.

5. Celebrate the Magic:

- Once the potion is complete, celebrate their wizardry! Praise their efforts and resilience.
- Use this moment to reinforce the lesson that our mindset has the power to influence our emotions and actions.

6. Sharing the Magic:

- Encourage your young sorcerer to share their magical transformation with the family. This will not only boost their confidence but will also serve as a great learning experience for siblings and other family members.
- Consider creating a "Magical Moments" board where each family member can share their TEA potion stories.

7. Final Wisdom:

- Close the activity with some magical reflections. Discuss how actions can sometimes influence our feelings and vice versa. For instance, a simple act of smiling can lift our mood!
- Encourage them to use their TEA potion in their daily lives, especially on challenging days.

8. Bonus Activity:

- To keep the magic alive, consider having regular "TEA time" sessions where you all discuss moments when you used your TEA potion to shift your perspective. This will reinforce the activity's lessons and create a supportive environment for sharing.

Final Note:

Your role in this activity is that of a mentor, guiding your young wizard through the magical lands of optimism and resilience. Ensure they feel heard, supported, and celebrated throughout the process. By the end of this activity, they will have not only a fun memory but also a powerful tool to navigate life's ups and downs. So, put on your wizard hat, wave your wand, and let the magic begin!