

GROWTH MINDSET Valentines

HOW TO MAKE

step
1

Cut out the Valentine's cards on pages 2 and 3 on the dotted lines.



step
2

Write who you want to give this card to and write your name.



step
3

Overlap the two sides and secure with tape or glue. **Tip:** You can fold your Valentine's cards in half after they are taped together to easily transport.



 To:

From: 



 To:

From: 



To:

From:



To:

From:





ways to help CHILDREN build POSITIVE RELATIONSHIPS

1 MODEL RESPECT

Start by asking your children,

“What does respect mean to you?”



Point out the ways you work to show them respect by listening, caring about their feelings, and staying calm when you're upset.

3 DISAGREE RESPECTFULLY

Teach children how to **assert themselves respectfully** during conflict. In tricky moments, kids can learn to disagree in ways that even strengthen the relationship.

- **Allow children** to see parental disagreements and their resolution
- Model **peaceful communication** during real-life struggles
- Create a **menu of choices** for disagreements such as using an 'I' Message, walking away, compromising or asking an adult for help
- **Ask your child:** “Do you want to be right or do you want to be friends?” or “What’s most important to you in this situation?”



Remind your children both people in an argument can be correct —they just have differing viewpoints.



4 EMBRACE DIVERSITY

Embracing differences can be a challenge, but teaching children to **treat everyone** with respect will serve them well in life.

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- Remember a **“strengths-based”** perspective when discussing those who are different from your child



5 TEACH EMPATHY

Empathy is a **key ingredient** in positive relationships—it deepens sensitivity and attachment to others.

- **Identify** their emotions and point out your own
- Hold family meetings to **discuss conflicts**, and encourage each member to take the other’s perspective
- Write notes of **gratitude**



2 PRACTICE MINDFUL SPEECH

There is **power in pausing** before we speak. When children choose words that help rather than harm, positive relationships take root.

Use the **“Three Gates”** technique

Before we speak, our words must pass through three gates:

