

## Family Connection



### Optimism

#### Watch

Watch the [video](https://youtu.be/I5iKfMcheXk) together (https://youtu.be/I5iKfMcheXk).

#### Discuss

Use these questions to start meaningful conversations about optimism.

- What was the most impactful moment of Briana Carci's story?
- How can you use optimism to help you deal with a problem?

#### Activity

- As a family, share things that give you hope and make you smile.
- Create a list of the things that bring positivity into your home.
- Post this list to the fridge so you can be reminded of the positive things in your life.