



Be the Best that You can Be

Cedarwood School

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This Shared Spaces looks at the last stage of the emotional cycle we have experienced during lockdown – Hope and Optimism

“Hope is being able to see that there is light despite all of the darkness”

Desmond Tutu

In times of overwhelming uncertainty and struggle, it’s natural to feel discouraged. However, having hope and doing your best to stay positive can see you through seemingly impossible situations.



You are your child’s very own **Superhero**, that means we don’t always have to get it right but when we persevere, we show them that there is Hope!

As the saying goes, “When life throws you lemons, make lemonade” and here are some ways in which we can do this...

Express your feelings – teach your child to identify their feelings and model how to express them in a healthy way. This offers an opportunity to connect as a family and understand the emotion behind the behaviour. This can be done by getting your family to write on a piece of paper what they are feeling and explore ways in which each of you have overcome a similar feeling that you may have felt in your life.

Be Kind- You can’t pour from an empty cup! We always say ‘Be kind to others’, we offer a new perspective - ‘Be kind to yourself so that you can be kind to others’. When you invest in yourself, you are able to provide for others. Take a few minutes for yourself each day to have that cup of coffee or walk outside. When our minds are clear and at ease, we are able to respond better to stressful situations.



CEDARWOODSCHOOL
(Association incorporated under Section 21 - not for gain)
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Express Gratitude- When you are going through a difficult time, it may seem challenging to find something to be thankful for. Look past the challenge and seek something to be thankful for. At the end of each day, take the time to sit with your family and share each of your highs and lows of the day. This creates a meaningful space in which you can all feel heard and acknowledged and may even create a space in which each family member can think about how to make these lows better.

Cultivate Optimism- Glass half full or glass half empty? We always have a choice, no matter the challenge. When we choose to focus on our strengths we are giving power to what we are able to control, not what we are limited by. Challenge self-sabotaging thought patterns by creating new one's that empower you! When your child responds to that difficult maths sum that they have been trying for the 10th time but still can't get it right, see past the emotional break down and try respond by acknowledging how hard they are trying whilst also finding strategies to tackle this task using their strengths.



Reach Out - Never feel like you are a burden to others if you reach out to them. Chances are, they are feeling, or have felt something similar and together you can get through it. Create a space that is meaningful by connecting with other parents, teachers, friends and family members who have found ways to cope during this difficult time. We are not in the same boat, but we are all in the same storm!



Reflect- we have all endured many hardships in our lives and to some degree we have grown from them. We challenge you to think about these hardships and hone in on your strengths, as well as the skills you used in order to come out the other side a *Superhero!*



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