

# Teaching Kids About The Power Of Positive Words Thoughts And Actions

As parents and educators, it is our responsibility to teach our children the importance of positive words, thoughts, and actions. These are powerful tools that can shape their mindset, beliefs, and ultimately their future. By instilling in them the value of positivity, we equip them with the necessary skills to navigate life's challenges with optimism, empathy, and resilience.



## The Impact of Words

Words carry immense power. They have the ability to build someone up or tear them down. Teaching kids the impact of their words is crucial. Encourage them to choose their words wisely and reinforce the importance of kindness, respect, and

empathy. Remind them that a simple compliment or a few words of encouragement can make someone's day, and likewise, hurtful words can leave lasting scars.



## Our Best Friend Karma: Teaching kids about the power of positive words, thoughts and actions

by Kimberly Hirsch (Kindle Edition)

★★★★☆ 4.8 out of 5

Language : English

File size : 25766 KB

Print length : 35 pages

Lending : Enabled

Screen Reader : Supported



One effective way to demonstrate the power of positive words is through storytelling. Select books that emphasize the impact of kind words and discuss the lessons with your child. When they understand the connection between their words and the emotions they evoke, they will be more mindful of the impact they have on others.

### Empowering Thoughts

Our thoughts shape our perception of the world and influence our actions. Teaching children how to cultivate positive thoughts is key to helping them develop a growth mindset and a resilient attitude. Encourage them to have a positive internal dialogue, focusing on their strengths and abilities rather than dwelling on negative self-talk. Teach them to reframe challenges as opportunities for growth and learning.

You can assist your child in developing their empowering thoughts by engaging in activities that promote self-reflection and gratitude. Journaling, for example, allows them to express their thoughts and feelings while reflecting on positive experiences. Encourage them to write down three things they are grateful for each day and discuss how focusing on gratitude impacts their overall well-being.

## **Actions Speak Louder Than Words**

Words alone are not enough. Teaching kids that positive actions are equally important is crucial in fostering empathy, kindness, and compassion. Encourage your child to engage in acts of kindness, such as helping a friend, being considerate towards others, or showing compassion to those in need.

Lead by example and involve your child in charitable activities. Volunteer together at a local shelter, participate in community clean-up initiatives, or donate to a cause that aligns with their interests. By actively participating in positive actions, children understand that their actions can make a difference in the lives of others.

## **The Power of Affirmations**

Affirmations are positive statements that can reprogram our subconscious mind and shape our beliefs. Introduce your child to affirmations that boost their self-esteem and promote a positive self-image. Encourage them to repeat these affirmations daily to strengthen their belief in their abilities and foster a positive mindset.

Here are a few examples of affirmations for children:

- "I am capable of achieving my goals."
- "I am kind and thoughtful."
- "I can overcome any challenge that comes my way."

Teach your child to create their own affirmations tailored to their unique goals and dreams. When repeated consistently, affirmations become embedded in their subconscious, influencing their thoughts, actions, and ultimately, their reality.

## **The Ripple Effect**

Teaching kids about the power of positive words, thoughts, and actions also helps them understand the ripple effect they can have on those around them. Explain to them that their positive energy and actions can inspire others to do the same. By sharing their positivity with friends, family, and their community, they can create a ripple effect of kindness and positivity that continues to spread.



## **The Role of Communication**

Effective communication plays a fundamental role in teaching children about positive words, thoughts, and actions. Create an open and supportive environment where your child feels comfortable expressing their emotions and thoughts. Encourage them to communicate openly about how their words and actions make them feel, as well as how they perceive the impact of others' words and actions.

Through open communication, you can provide guidance, address any negative behavior, and reinforce positive actions. By actively involving your child in conversations about positivity and its impact, you foster their understanding, empathy, and growth.

## In

Teaching kids about the power of positive words, thoughts, and actions is essential for their emotional well-being, personal growth, and success in life. By instilling in them the value of kindness, empathy, and resilience, we equip them with the necessary tools to navigate challenges and inspire others along the way. Let us play our part in nurturing a generation of positive change-makers, one child at a time.



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**"Starting today, you have the power to change your thoughts, words, and actions, and you will see that good Karma will quickly find you."**

Two young brothers are the best of friends (most of the time). Like most siblings, they argue and fight, getting into trouble and blaming each other. After a series of unfortunate events and a few bad choices, they are introduced to a new friend, Karma, who just may be the one to blame. But who is Karma and is it really her fault when things don't go their way? Can she teach the brothers that they alone have the power to shape their happiness and determine their own path?

Our Best Friend Karma is guaranteed to teach us all a timeless lesson that the goodness we put out into the world will come right back to each of us in unexpected ways. It will teach your little ones that they are responsible for making good choices.

Why Readers are loving Our Best Friend Karma:

- Adults talk so often about Karma, but there are hardly ANY children's books to help kids understand the concept.
- Karma teaches kids to take responsibility for their words, thoughts, and actions.
- It teaches kids the importance of positivity.
- It teaches kids to be mindful of their thoughts, words, and actions.
- It helps kids understand that they can shape their own happiness.



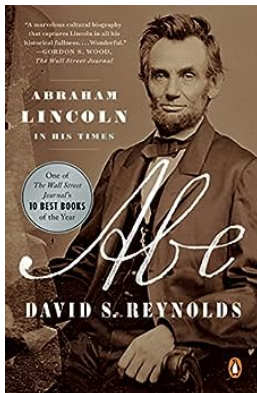
Grab your copy today and help instill positivity in your children and in the world around us.

This book is truly a first of its kind and can spark some really important conversations about making good choices, saying kind words, doing good deeds, and thinking good thoughts.

#### About the Author:

Kimberly Hirsch lives in southern Utah with her husband, Tim, two sons, Jaxson and Zachary, and their Westie, Jimmy, but her home is still New England where she was born and raised. Kimberly taught elementary school for ten years in Nevada, before becoming a mom. As a child, she dreamed about being an author. She would “self-publish” stories and show them to her teachers and her family. Kimberly has a passion for reading, healthy and natural living, baking, and being a boy mom.

Website: [www.KimberlyHirschAuthor.com](http://www.KimberlyHirschAuthor.com)



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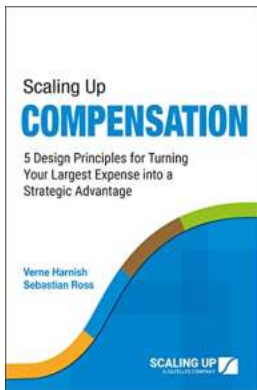
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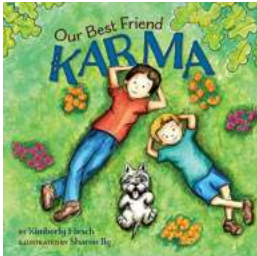
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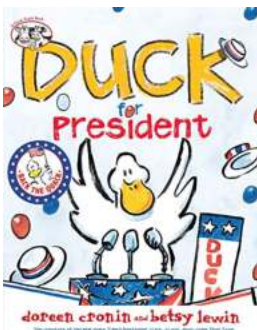
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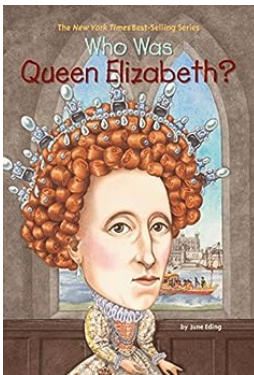
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